

THE
Daily Companion,
WITH
CHRISTIAN SUPPORTS
UNDER THE
TROUBLES
OF THIS
WORLD;

To Comfort and Succour all those
who in this transitory Life are
in TROUBLE, SORROW, NEED,
SICKNESS, or any other Adversity.

Unto which are added,

PRAYERS and MEDITATIONS
suitable for all Persons afflicted in
MIND, BODY, or ESTATE.

PROV. xxiv. 10.

*If thou faint in the Day of Adversity, thy
Strength is small.*

THE FIFTEENTH EDITION.

L O N D O N:

Printed for JOHN BEECROFT, at the Bible and
Crown in Pater-noster-Row. 1774.

T H E P R E F A C E.

*F*EW of those that have been pious and sincere, have passed through this Valley of Tears without shedding some. This frail Life of ours is liable to many and strong Temptations; a very slippery Path, wherein many eminent Saints have fallen, and must have slipped. Holy Writ, and the Experience of all Ages, bear witness to the Truth of it; Vexations of Mind, Bodily Ails, Mischances, Disappointments, and Unthoughtfulness, keep Company with them, as their Shadows in the Sunshine: Many, when visited with such unwelcome Guests, droop and grow disconsolate, forgetting at the same time the Cross, and him that suffered a shameful Death to deliver them from the Curse of it. To such this Manual (if they peruse and meditate on it) will afford admirable Help and Comfort; it will inform them, that a Christian should always be chearful and joyous, according to the not bare Advice, but strict Com-

The P R E F A C E.

Command of the Apostle, Rejoice evermore; and that Despair and Repining is a very heinous Sin; a questioning his Goodness and Pity, who is nothing else but a Complex and Mixture of both.

For he that leads a Life suitable to his Holy Christian Profession and Calling, cannot fail of Receiving (after he has finished this transitory and momentary Life) a Reward infinitely beyond his Merit, if the lame Performance of a poor frail Mortal may be called so. He that is TRUTH itself has said he shall not go without it; and he that has declared he will be called and distinguished by no other honorary TITLE, has solemnly pronounced it. Art thou singled and called out to suffer? Doth the World rejoice over and trample upon thee? Does Satan buffet and sift thee? Are thy own vicious and corrupt Lusts and Inclinations potent and domineering? Be not dismayed, go forward undauntedly, and persevere steadily, and with an Eye of unshaken Faith, behold the Crown prepared for thee in the brightest Hea-

The P R E F A C E.

vens ; which ere long shall be put on thy victorious Head, by Angels and Seraphims, to be worn by thee, till Time shall be swallowed up in Eternity. The inconceivable Happiness and Bliss of a future State that waits for and expects thee, will abundantly recompense, and infinitely outweigh whatever Irksomeness and Uneasiness may happen during this Race and Course of Trial and Frailty.

That thou mayst fully reap the Benefit and Advantage intended and hoped for by the Publication hereof, is the hearty Wish of

Thy humble Servant.

Just published, Price bound 6d. each.

The devout Soul's Daily Exercise ; in Prayers, Contemplations and Praises. Containing Devotions for Morning, Noon and Night, for every Day in the Week, with Prayers and Thanksgivings for Persons of all Conditions, and upon all Occasions. By R. Parker, D. D.

The Daily Self-Examinant: or, an earnest Persuasive to the Duty of Daily Self-Examination ; with devout Prayers, Meditations, Directions and Ejaculations, for an holy Life and happy Death.

THE CONTENTS.

<i>Ejaculations, Prayers, and Thanksgivings for the Morning,</i>	Page 7
<i>Rules to be observed in reading God's Word,</i>	19
<i>A Litany for every Day,</i>	24
<i>Examinations and Resolutions before going abroad,</i>	27
<i>Ejaculations and Prayers to be used at Noon,</i>	33
<i>— for the Evening,</i>	39
<i>— for Night,</i>	45
<i>Directions for the Lord's Day,</i>	54
<i>Some Cautions against Indecencies (in the Church of England) in time of Divine Service,</i>	54
<i>A Prayer to be used by a married Person,</i>	59
<i>The Parents Prayer for their Children,</i>	60
<i>The Childrens Prayer for their Parents,</i>	62
<i>A Prayer for Chastity,</i>	63
<i>The Servants daily Prayer,</i>	64
<i>A daily Prayer for a Child,</i>	65
<i>An excellent Prayer against sudden Death,</i>	66

The CONTENTS.

<i>An Exercise to be used at any Time of the Day,</i>	67
<i>A Prayer to conclude our daily Devotions,</i>	69
<i>A Hymn for the Morning,</i>	70
<i>————— for the Evening,</i>	71
<i>Grace before and after Meat,</i>	72
<i>Christian Supports under the Troubles of this World,</i>	73
<i>Prayers and Meditations for those afflicted in Mind,</i>	108
<i>————— for those who despair of God's Mercy in the Pardon and Forgiveness of their Sins,</i>	110
<i>————— for those that are afflicted in Body,</i>	126
<i>————— when there are Hopes of Recovery,</i>	140
<i>————— when all Hopes of Recovery are despaired of,</i>	141
<i>A Prayer for a sick Child,</i>	142
<i>————— for a Woman with Child,</i>	145
<i>Prayers and Meditations for those impoverished in Estate,</i>	147
<i>————— for a Prisoner for Debt,</i>	153
<i>————— when evil spoken of, maliciously treated, or falsely accused,</i>	155
<i>A Thanksgiving for Deliverance from any Trouble.</i>	164



T H E
Daily Companion.

For the M O R N I N G.

*As soon as you awake in the Morn-
ing, lift up your Heart to God,
in these, or such like short Eja-
culations.*

Ejaculations for the Morning.

✻✻✻✻ O thee, O Lord, do I
✻ T ✻ lift up my Eyes, my
✻✻✻✻ Hands, my Heart, from
✻✻✻✻ this Bed where my Body
hath taken its nightly
Repose, towards thy Heaven, where
my Soul expects her eternal Rest.

Awake, O my Soul, and sing
Praises to thy God : O let me awake
unto Righteousness, that Christ may
give me Life.

Let me hear thy Loving-Kindness
betimes in the Morning, for in thee

10 *The Daily Companion.*

is my Trust: shew me the Way that I should walk in, for I lift up my Soul unto thee.

Blessed art thou, who renewest thy Mercies to me every Morning, and hast given me one Day more to serve thee, and call upon thy Name. Bless and preserve me; make thy Face to shine upon me, that it may go well with me this Day, and for evermore. *Amen.*

At your Uprising, say,.

IN the Name of the Father, Son, and Holy Ghost, I rise from my Bed to glorify thee my God, whose I am, and whom I serve, for I am not my own; for thou hast bought me with a Price, and I have devoted myself again and again unto thee, with my Soul and my Body, which are thine.

Meditations.

*As you are putting on your Clothes,
and dressing yourself.*

O My God, as I came into the World naked and a wretched Creature, so am I still destitute of
thy

Prayers for Morning. 11

thy Grace; reach out therefore unto me the unspotted Robes of Righteousness, and so clothe me with all the Graces of thy holy Spirit, that thy Image may be daily renewed in me, and thy Name honoured by me for evermore. *Amen.*

As you are washing your Hands, say,

O My dear Saviour, who hast opened a Fountain for Sin and for Uncleanness, wash me thoroughly with those saving Waters, that being purified from the Stains of Sin, and the Guilt of my natural Corruptions, I may with the more Confidence draw near to the Throne of Grace, and bow myself before thy Mercy-seat. *Amen.*

After you are dressed, retire into some private Place, and there with all Humility kneel down and say,

O Lord, hear my Prayer, and let my Cry come unto thee.

Lord, I know not what to pray for as I ought; O let thy Spirit help my Infirmities, and enable me to offer up a spiritual

12 *The Daily Companion.*

Sacrifice acceptable to thee by Jesus Christ.

Enter not into Judgment with thy Servant, O Lord ; for in thy Sight shall no Man living be justified.

I laid me down and slept, and rose up again ; for the Lord sustained me.

My Voice shalt thou hear betimes, O Lord ; early in the Morning will I direct my Prayer, unto thee, and will look up.

O hearken thou unto the Voice of my Calling, my King and my God, for unto thee will I make my Prayer.

Set a Watch, O Lord, before my Mouth, and keep the Door of my Lips.

O Lord, cleanse my Hands and purify my Heart, and I will humble myself in thy Sight, and draw nigh and make Confession of my Sins unto thee, my God, with a hearty Sorrow and humble Hope, begging for Pardon at the Throne of Grace.

Prayers for Morning. 13

A Confession.

O Righteous Lord, who hatest Iniquity, I thy sinful Creature humbly prostrate my Soul and Body before the Throne of thy adorable Majesty, to accuse and condemn myself with a true and hearty Sorrow for all the Sins of my Life past, which I have most grievously committed in Thought, Word, and Deed, provoking most justly thy Wrath and Indignation against me. I confess them all with Shame and Confusion of Face, humbly beseeching thee to have Pity upon me, according to thy great Goodness; and according to the Multitude of thy tender Mercies blot out my Transgressions, for the alone Sake and Merits of thy dear Son Jesus Christ, our Lord and Saviour. *Amen.*

*Here
mention
Particu-
lars.*

A Prayer for Pardon.

A Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the Sins of
of

14 *The Daily Companion.*

of all them that are penitent, create and make in me a new and contrite Heart, that I worthily lamenting my Sins, and acknowledging my Wretchedness, may obtain of thee, the God of all Mercy, perfect Remission and Forgiveness, through Jesus Christ our Lord. *Amen.*

Our Father, &c.

O Lord, open thou my Lips,
And my Mouth shall shew forth
thy Praise.

The Lord's Name be praised,
From the rising of the Sun to
the going down of the same.

A Thanksgiving.

O Lord, the great Creator and Governor of all Things, I prostrate myself before thee in the humble Adoration of thy incomprehensible Majesty, acknowledging that I depend entirely upon thee, praising and magnifying thy most glorious Power, Wisdom and Goodness, which are conspicuous every where, and rendering unto thee my most hearty Thanks that the last
Night

Prayers for Morning. 15

Night thou gavest me quiet and refreshing Sleep, and hast preserved me and all my Relations and Friends, Neighbourhood and Family, from Fire and Robbery, and all other Violence, both of evil Angels, and evil Men. And since thou hast been so merciful to me as to give me leave to behold the Light of this Day, I most humbly beseech thee to keep me from falling into any wilful or presumptuous Sins, or from running into any kind of Danger, but that all my Thoughts, Words and Works, may be prevented by thy most gracious Favour, furthered by thy continual and ready Help, ordered by thy all-wise and powerful Governance, that so they may be evermore pleasing and acceptable in thy Sight. This Day I commend myself, Soul and Body, all Things that I have, and all that I undertake, into thy Hands, beseeching thee, that thy holy Spirit may be ever with me, lest my Enemies should prevail against me. Defend me,

16 *The Daily Companion.*

O Lord, from the open Assaults and secret Temptations of my great Adversary the Devil, and all infernal Spirits, and wicked Men. Feed me with Food convenient for me, root out of me all exorbitant Lusts and Passions, deliver me from all deadly Sin, from an untimely and unprovided Death, and (if thou see'st convenient for me) from a lingering Sickness; and above all, from the Eternal Torments of Hell-Fire. Grant this, I beseech thee, O most merciful Father, for Jesus Christ's Sake. *Amen.*

An Intercession.

O Blessed Lord, be merciful unto this sinful Nation wherein I live. Forgive our Sins, our crying Sins, and enter not into Judgment with us for them. Prosper thy Gospel amongst us, grant it a free and a comfortable Passage; send it where it is not; keep and prosper it where it is. Let thy Blessing always follow it, and thy most mighty Power evermore uphold and defend

defend it. Look down with an Eye of special Favour and Protection on our most gracious Sovereign Lord King *George*; give him the Spirit of Zeal, Wisdom and Government, that he may long and happily reign over us. Bless also, O Lord, our gracious Queen *Charlotte*; his Royal Highness the Prince of *Wales*, and all the Royal Family; the Nobility, Judges, Magistrates and Gentry of this Land. Let a double Portion of thy Spirit be upon the Ministers of thy Holy Word and Sacraments. Grant that they may rightly preach thy sacred Word, duly administer thy blessed Sacraments, and industriously seek thy Honour and Glory, and the Salvation of thy People committed to their Charge. Be with the Children of Affliction, however visited. Be gracious to all my Relations, Benefactors, Friends and Acquaintance; and if any are or would be mine Enemies, Lord, forgive them, and
turn

turn their Hearts. Take, I pray thee, into thy Protection, both me and mine, and all that belong to me, this Day; let thy careful Providence watch over us, and thy blessed Angels encamp about us. Keep and preserve both our Souls and Bodies from all Perils and Dangers, from the Assaults of evil Spirits and evil Men; and give us Grace to live holily and in thy Fear, that so we may die happily and in thy Favour, and at last be received into those everlasting Habitations of Rest and Peace, of Joy and Glory, which thou hast prepared for those that love and serve thee. Let the eternal God be our Refuge, and underneath us be his everlasting Arms, this Day, and for ever. *Amen.*

When going to read, say,

O Eternal God, let thy Holy Spirit be present with me, and rest upon me in the reading of thy sacred Word: That I may read it with Reverence, and without Prejudice; that I may be readily furnished and instructed to every good

Prayers for Morning. 19

good Work, and may practise all thy holy Laws and Commandments, to the Glory of thy holy Name. O Holy and Eternal God, make me to understand the Way of thy Precepts, so shall I talk of thy wondrous Works. Wherewithal shall a young Man cleanse his Way, but by ruling himself after thy Word? O Lord, open my Eyes, that I may see the wondrous Things of thy Law.

Here read a Chapter, and in reading observe these Rules:

If you read any of God's Commandments, say,

Lord, give me Grace to obey this Commandment.

If you read any of God's Threatnings against Sinners, or his Judgments on them, say,

Lord, deliver me from this Sin, or this Judgment.

If you read any of God's gracious Promises, say,

Lord, I rely on this good Promise.

If you read any of God's Mercies, say,

Glory

20 *The Daily Companion.*

Glory be to thee, O Lord, for this Mercy.

If you read any great Mystery recorded in the Scriptures, say,

Lord, I believe and adore this Mystery.

Then this Hymn.

THE Day is thine, the Night also is thine, thou hast prepared the Light and the Sun.

Thou hast set all the Borders of the Earth, thou hast made the Summer and Winter.

Give unto the Lord the Glory due unto his Name: Worship the Lord in the Beauty of Holiness.

His Name shall endure for ever, his Name shall be continued as long as the Sun; and Men shall be blessed in him: All Nations shall call him blessed.

Blessed be the Lord God of *Israel*, who only doth wondrous Things.

And blessed be his glorious Name for ever, and let all the whole Earth be filled with his Glory. *Amen.*

Glory be to the Father, &c.

As it was in the Beginning, &c.

Prayers for Morning. 21

MOST Holy and Eternal God, Sovereign of all Creatures, vouchsafe thy Favour and Blessing to thy Servant; let the Love of thy Mercies, and the Dread and Fear of thy Majesty, make me careful and inquisitive to search thy Will, and diligent to perform it, and to persevere in the Practices of a Holy Life, even till the last of my Days. Keep me, O Lord, for I am thine by Creation; guide me, for I am thine by Purchase; thou hast redeemed me by the Blood of thy Son, and loved me with the Love of a Father, for I am thy Child by Adoption and Grace; let thy Mercy pardon my Sins, thy Providence secure me from the Punishments and Evils I have deserved, and thy Care watch over me, that I may never any more offend thee: Make me in Malice to be a Child, but in Understanding, Piety, and the Fear of God, let me be a perfect Man in Christ, innocent and prudent, readily furnished and in-

22 *The Daily Companion.*

instructed to every good Work. Keep me, O Lord, from the destroying Angel, and from the Wrath of God : Let thy Anger never rise against me, but thy Rod gently correct my Follies, and guide me in thy Ways, and thy Staff support me in all my Sufferings and Changes. Preserve me from Fracture of Bones, from noisom, infectious and sharp Sickneses, from great Vicissitudes of Fortune, and sudden Surprizes : Keep all my Senses entire till the Day of my Death, and let my Death be neither sudden, untimely, nor unprovided ; let it be after the common manner of Men, having in it nothing extraordinary, but an extraordinary Piety, and the Manifestation of thy great and marvellous Mercy. Let no Riches make me ever forget myself, no Poverty ever make me to forget thee : Let no Hope or Fear, no Pleasure or Pain, no Accident without, no Weakness within, hinder or discompose me
in

Prayers for Morning. 23

in my Duty, or turn me from the Ways of thy Commandments. O let thy Spirit dwell with me for ever, and make my Soul just and charitable, full of Honesty, full of Religion, resolute and constant in holy Purposes, and averse to Evil. Make me humble and obedient, peaceable and pious ; let me never envy any Man's Good, nor ever be despised myself ; and if I be, teach me to bear it with Meekness and Charity. Give me a tender Conscience, a Conversation discreet and affable, modest and patient, liberal and obliging ; a Body chaste and healthful, Competency of living according to my Condition, Contentedness in all Estates, a resigned Will and mortified Affections ; that I may be as thou wouldst have me, and my Portion may be in the Lot of the Righteous, in the Brightness of thy Countenance, and the Glories of Eternity.

Amen.

Holy

24 *The Daily Companion.*

Holy is our God, Holy is the Almighty, Holy is the Immortal. Holy, holy, holy Lord God of Sabaoth, have Mercy upon me.

A Litany for every Day.

O Most blessed, undivided and glorious Trinity, and one eternal God,

Have Mercy upon me.

Call to Remembrance, O Lord, thy tender Mercies which have been ever of old, and remember not my Offences, nor the Offences of my Forefathers; but after thy great Goodness have Mercy and spare me, whom thy Son our Lord hath redeemed with his most precious Blood.

Have Mercy upon me, and spare me, good Lord.

From all Evil and Mischief, from Pride and vain Glory, and from all the Deceits of the World, the Flesh, and the Devil,

Good Lord, deliver me.

From all Périls and Dangers, both of my Soul and Body; from

Ex-

Litany for every Day. 25

Extremity of Sickneſs, and from ſudden Death,

Good Lord, deliver me.

By thy manifold and great Mercies, by the Mercies of our bleſſed Saviour, by his bitter Croſs and Paſſion, by his mighty Reſurrection, by his moſt glorious Aſcenſion, and by his moſt effectual and acceptable Interceſſion,

Good Lord, deliver me.

In all time of Tribulation and Adverſity, in the time of my laſt and greateſt Need, in the Hour of Death, and at the Day of Judgment,

Good Lord, deliver me.

Deliver me, O Lord, as thou haſt delivered all thy bleſſed Saints and Servants, from the Guilt and Burden of my Sins, and from thy Wrath and everlaſting Indignation,

Good Lord, I beſeech thee to hear me.

That it may pleaſe thee to preſerve me in thy Faith, Fear and Love, and that I may evermore have Affiance in thy Mercy, and

B

ever

26 *The Daily Companion.*

ever study to serve thee in Holiness and Purity of Life.

Good Lord, I beseech thee to hear me.

That it may please thee daily to encrease in me thy manifold Gifts of Grace, and that I may bring forth the Fruits of the Spirit, and ever seek thy Honour and Glory.

Good Lord, I beseech, &c.

That it may please thee to have Mercy upon all Men.

Good Lord, I beseech, &c.

That it may please thee to save and preserve our most gracious King, and all the Royal Family.

Good Lord, I beseech, &c.

That it may please thee to reduce them that have gone astray from thy Ways, to comfort them that are in Sorrow, to relieve them that are in Need and Tribulation, and to amend all our Lives according to thy holy Word,

Good Lord, I beseech, &c.

O Lord God, Lamb of God, Son of the Father, that takest away the Sins of the World,

Have

H
Tho

Ejaculations for Morning. 27

*Have Mercy upon me, and grant
me thy Peace. Amen.*

Our Father, &c.

Ejaculations.

MY Help standeth in the Name
of the Lord, who hath made
Heaven and Earth. Shew the Light
of thy Countenance upon thy Ser-
vant, and I shall be safe. Do well,
O Lord, to them that be true of
Heart, and evermore mightily defend
them. Direct me in thy Truth, and
teach me, for thou art my Saviour,
and my great Master. Keep me
from Sin and Death Eternal, and
from my Enemies invisible. Give
me Grace to live a holy Life, and
thy Favour that I may die a godly
and happy Death. Lord, hear the
Prayer of thy Servant, and give me
thy Holy Spirit.

*Examinations. and Resolutions for the
Morning, before going abroad.*

HOW did I lie down and rise
up? Was God in my
Thoughts? And if so, were the
Thoughts

28 *The Daily Companion.*

Thoughts of him sweet and precious to my Soul? In what Frame is my Heart at present? Do I admire God's Goodness for the last Night's Sleep, for adding more time to my Life, and am I thankful? Can I really commit all my Affairs to God this Day, to be guided by his Counsel, protected and provided for by his Care, and willing to be at his Disposal? I am resolved to speak for God and his Glory, and to be guided by his Counsel whatever it cost me. In the Strength of Christ will I not be terrified from, be ashamed of, or grow weary of Well-doing: This Day I do seriously intend thus and thus to behave myself, by the Blessing and Assistance of Almighty God: I resolve, if a Neighbour, or any other Person should be angry or insolent with me, to answer him with Meekness and Gentleness; if I meet with Success in my Business, as soon as I come home will I enter into my Closet, and praise thee the great Giver of every

Resolutions for Morning. 29

every good thing ; if I am tempted to go into Company, and have reason to suspect they'll draw me into Sin, I'll refuse to go, though they revile and abuse me for it never so much ; or if I go into Company, I'll speak but little, or will endeavour to divert any vain Discourse to more savoury Subjects. If a Man speak ill of me, I'll be sure not to speak ill of him again ; if I meet with any ill Language, I'll keep my Mouth as it were with a Bridle. Yesterday I committed such an Error, against this Fault I will watch to-day, and strive to reform my Inclinations. If my Servant or my Children do things indecent or unlawful, I will certainly reprove them, with Tenderness and Compassion. If I meet with Objects of Charity, I'll relieve them according to my Ability ; or if I meet with none, I'll seek out and enquire for some to whom I may express my Charity and Christian Compassion. If I am asked a Question, which I know not how

to answer readily without telling a Lye, I am resolved to be silent, or take time to consider of an Answer, that I may not be surprised into an Untruth : to speak evil of no Man ; to praise God seven times a Day, with *David* ; to shun the Occasion of such and such a Sin, as Anger, Hatred, &c. to censure no body this Day, but to reflect on my own Sins whenever I meet with a Temptation to judge my Brother ; not to hate any Person for his Sins, but to pity him, and to pray for him, to think of the Day of his Death, and not to rejoice at any thing.

When thou beginnest thy Business.

My Help cometh from thee, O Lord, which made Heaven and Earth ; prosper the Works of my Hands unto me, Lord, prosper thou my handy Work.

When at thy Business.

Lord, grant that I may not be slothful in Business, but fervent in Spirit, serving the Lord by my Diligence

Directions for Morning. 31

Diligence in my Calling; and doing my Work, I may have wherewithal to give to them that are in Want and Necessity.

When standing still, &c. say,

Lord, give me Grace so to use this World as not to abuse the same, and grant that I may never go beyond, or defraud my Brother in any Matter, for thou art the Avenger of all such.

How amiable are thy Tabernacles, O Lord God of Hosts. O let me ever love the Habitation of thy House, and the Place where thine Honour dwelleth.

When going out, say,

Many have passed out of their Houses in perfect Health, and never returned home alive. From a sudden and violent Death, good Lord, deliver me.

Daily Directions, &c.

IN all Places, and in all Companies, remember thou art in the Presence of God, and walk continually as under the immediate View

32 *The Daily Companion.*

of his all-seeing and observing Eye : Often consider that God is every where present, and then you will study to be every where Holy. Daily think of the Preciousness, Swiftmess, and Irrecoverableness of your Time, and resolve to spend it in nothing which you dare not pray for a Blessing upon, in nothing which you know must be repented of before you die, in nothing which you would not be found doing if Death should surprize you in the doing of it.

Pious Thoughts and daily Contemplations.

IT is dangerous deferring and putting off that to another Day, which must be done to-day, or thou mayst be undone to-morrow : *Now or never, now or never* ; if it be not done now it may never be done, and then thou art undone for ever ; ETERNITY depends upon this Moment. O what wouldst thou give for a Day when it may be a Day too late ! Consider therefore in

Directions for Noon. 33

in this thy Day, while it is yet called to-day, the Things of thy Peace, before they be hid from thine Eyes: And while thou, like a blind Sodomite, dost grope about to find the Door of Hope, Fire and Brimstone rain about thy Ears.

T H E
Daily Companion.

A T N O O N.

P S A L M cii. 24.

O my God, take me not away in the midst of mine Age; as for thy Years, they endure throughout all Generations.

When addressing yourself to Almighty God, and kneeling, say,

IN the Name of the Father, and of the Son, and of the Holy Ghost. *Amen.*

Our Father, &c.

*O Lord, open thou my Lips,
And my Mouth shall shew forth thy Praise.*

34 *The Daily Companion.*

The Lord's Name be praised,
*From the rising of the Sun, unto
the going down of the same.*

At the Name of Jesus, God
blessed for ever, let every Knee
bow, both of Things in Heaven,
Things in Earth, and Things under
the Earth. Glory be to thee, O
Lord most High.

O God, be in my Head and in
my Understanding, that I may
know in this my Day the Things
which do concern my everlasting
Peace.

O God, be in my Eyes, and in
my Seeing, that they may be always
looking up to thy Mercy-Seat, and
that they be not as so many Case-
ments to let in Vanity.

O God, be in my Mouth and in
my Speaking, to guard and fence it
from idle Words, and that it may
at no Time be a Door to let out
Folly.

O God, be in my Ears, and
in my Hearing, that they may be
always open to sound and wholesome
Counsel,

A Prayer for Noon. 35

Counsel, and deaf to corrupt and filthy Communication.

O God, be at my Heart, and in my Thinking, to preserve it from being a Sink of Uncleanneſs, and that it may never be ſuffered either to flatter me, or deceive others.

O God, be at my End, and at my Departing, ſo that my Death may be precious in the Sight of thee, O Lord, with whom I pray that I may live for evermore. *Amen.*

A Prayer.

O Merciful God and loving Father, on whoſe Providence I depend for all my Neceſſaries, I thank thee for my Creation after thine own Image, and all other good Graces now and ever beſtowed upon me. Give me Grace, I pray thee, ſo to live, as becometh thy Child, in all Holineſs and Righteouſneſs. Incline my Heart to thy Law, and not to Covetouſneſs; open therefore the Eyes of my Underſtanding, that I may behold the ſecret Things of thy Law. Make me fruitful in all

36 *The Daily Companion.*

good Works, forgive me my Sins, and wash me in the Blood of thy Son; cleanse my Heart, and renew my Mind to thy holy Will; prosper the Works of my Hands, and bring me safely from all Dangers to the End of this Day, for Jesus Christ's Sake. *Amen.*

Before thou eatest, say,

Send down thy Blessing, good God, upon these thy Creatures that I am now to be Partaker of; enable them to feed my Body, recruit my Weakness, and strengthen me to serve and glorify thee on Earth, that I may receive from thee the Reward of thy Servants in Heaven! this I beg for Jesus Christ his Sake. *Amen.*

Or,

I see by these fresh Expressions of thy Bounty, most gracious God, that thou art never weary to load me with thy good Things; sanctify them unto me at this present Time, and me to thy Service, thro' Jesus Christ, my Lord and only Saviour. *Amen.*

Prayers after Noon. 37

After Eating, say,

I thank thee, O Lord, for all thy good Creatures which thou at this Time hast bestowed upon me, and as thou hast fed my Body with that which is convenient and necessary for me, so I beseech thee to feed my Soul with that Food which perisheth not, but endureth to eternal Life; for which thy Name be praised for ever. *Amen.*

Or,

I return thee hearty Thanks, O Lord, that thou hast bountifully refreshed and comforted me with thy good Creatures, and hast bestowed Benefits upon me, which thou hast denied to many others of thy Servants; to whom be ascribed all Honour, Power and Glory, now and for evermore. *Amen.*

When the Evening approacheth.

O Lord, all Things serve thee; thou hast made the Outgoing of the Morning and the Evening to praise thee.

O Lord, help me to work while
it

38 *The Daily Companion.*

it is called to-day, for the Night cometh wherein no Man can work.

Lighten mine Eyes, O Lord, that I sleep not in Death, but that I may awake with the Morning-Light to thy Glory. Forgive those actual Sins which this Day's Light hath witnessed; Lord, give me a godly Sorrow for them, a perfect Hatred against them, and a fixed constant Resolution to forsake them.

Make me careful, O Lord, for the Time to come, and to be busy about my own Salvation, that I may be like the good Servant in the Gospel, that when my Lord cometh he may find me so doing.

When sitting at the Fire, say,

O holy Spirit, shed the Love of God abroad in my Heart, and raise such Flames within me, as may burn up all my Dross and Filth. Lord, give thy Angels Charge over me, to keep me in all thy Ways; thy Covenant thou wilt not break, nor alter the Thing that is gone out of thy Lips; for all the Promises of thee, O God, are *Yea and Amen.*

Ejaculations for Evening. 39

When it is Dark, say,

Darkness and Light are both alike to thee, O Lord, for thou art Omnipresent, and knowest my down-sitting and up-rising, and art about my Path and about my Bed, and spiest out all my Ways.

At lighting a Candle, say,

Enlighten my Eyes, that I may see what the Hope of my Calling is, and what the Riches of thy Graces are.

T H E

Daily Companion.

For the EVENING.

P S A L M cxliii. 2.

Enter not into Judgment with thy Servant, O Lord, for in thy Sight shall no Man living be justified.

When addressing yourself to Almighty God, begin with one or more of these Sentences.

THOU, Lord, hast granted me thy Loving-Kindness in the Day-time, and therefore in the Night-

40 *The Daily Companion.*

Night-season I will think on thee,
and make my Prayer unto the God
of my Life.

Have Mercy upon me, O Lord,
that I may speak unto thee, and
praise thy Holy Name.

Let my Prayers be set forth in
thy Sight as the Incense, and the
lifting up of my Hands be an Even-
ing Sacrifice.

I will not suffer my Eyes to sleep,
nor my Eye-lids to slumber, neither
the Temples of my Head to take
any Rest,

Until I have lifted up mine Eyes
unto the Hills from whence cometh
my Help.

My Help cometh even from thee,
O Lord, who hast made Heaven
and Earth.

Thou art about my Path and
about my Bed, and spiest out all my
Ways.

For, lo, there is not a Word in
my Tongue, but thou, O Lord,
knowest it altogether.

Confession for Evening. 41

O remember not the Sins and Offences of my Youth, but according to thy Mercy think thou upon me, O Lord, for thy Goodness.

Comfort the Soul of thy Servant : for unto thee, O Lord, do I lift up my Soul.

Consider, and hear me, O Lord my God ; lighten mine Eyes, that I sleep not in Death.

O my Lord, cleanse my Hands and purify my Heart, and I will humble myself in thy Sight, and draw nigh, and make my Confession of my Sins unto thee my God, with a hearty Sorrow, and an humble Hope, begging for Pardon at the Throne of Grace.

The Confession.

ALmighty and most merciful Father, I have erred and strayed from thy Ways like a lost Sheep ; I have followed too much the Devices and Desires of mine own Heart ; I have offended against thy Holy Laws ; I have left undone those

those Things which I ought to have done, and have done those Things which I ought not to have done, and there is no Health in me : but thou, O Lord, have Mercy upon me a miserable Offender ; O spare thou me, O God, which confess my Faults ; restore thou me that am penitent, according to thy Promises declared unto Mankind in Christ Jesu our Lord ; and grant, O most merciful Father, for his Sake, that I may hereafter live a godly, righteous, and sober Life, to the Glory of thy Holy Name. *Amen.*

A Prayer for Pardon.

A Almighty God, the Father of our Lord Jesus Christ, who desirest not the Death of a Sinner, but that he may turn from his Wickedness and live, and hast promised Pardon to them that truly repent, and unfeignedly believe thy Holy Gospel ; of thy Mercy I beseech thee to grant me true Repentance and thy Holy Spirit, that those Things may please thee which

Directions for Evening. 43

I do at this present, and the rest of my Life hereafter may be pure and holy, so that at the last I may come to thine Eternal Joy, through Jesus Christ our Lord. *Amen.*

Devoutly and distinctly say the Lord's Prayer, Our Father, &c.

O Lord, Open thou my Lips,
And my Mouth shall shew forth thy Praise.

Glory be to the Father, and to the Son, and to the Holy Ghost.

As it was in the Beginning, is now, and ever shall be, World without End. *Amen.*

Here read a Chapter.

Then this Psalm.

IN thee, O Lord, do I put my Trust, let me never be ashamed; deliver me in thy Righteousness.

Into thy Hands I commend my Spirit; for thou hast redeemed me, O Lord God of Truth.

Make thy Face to shine upon thy Servants; save us for thy Mercy's sake.

For great is thy Goodness which thou

44 *The Daily Companion.*

thou hast laid up for them that fear thee ; which thou hast wrought for them that trust in thee before the Sons of Men.

The Angel of the Lord encampeth round about them that fear him, and delivereth them.

Thou art my hiding Place ; thou shalt preserve me from Trouble ; thou shalt compass me about with Songs of Deliverance.

Thou makest Darkness, and it is Night ; wherein all the Beasts of the Forest do creep forth.

O Lord, how manifold are thy Works, in Wisdom hast thou made them all ; the Earth is full of thy Riches.

The Glory of the Lord shall endure for ever ; the Lord shall rejoice in his Works.

He appointeth the Moon for certain Seasons, and the Sun knoweth his going down.

I will sing unto the Lord as long as I live, I will sing Praises unto my God while I have my Being ; my
Me-Me

Prayers for Night. 45

Meditation of him shall be sweet, I will rejoyce in the Lord.

I will both lay me down in Peace, and sleep; for thou, Lord, makest me dwell in Safety.

Glory be to the Father, &c.

Then say the Apostles Creed.

T H E
C O M P A N I O N.
F o r N I G H T.

J O B xiv. 1, 2.

Man that is born of a Woman is of few Days, and full of Trouble; he cometh forth like a Flower, and is cut down; he fleeth also as a Shadow, and continueth not.

PRAISE the Lord, O my Soul, and all that is within me, praise his holy Name.

Praise the Lord, O my Soul, and forget not all his Benefits.

Which forgiveth all thy Sins, and healeth all thy Infirmities.

Which saveth thy Life from Destruction, and crowneth thee with Mercy and Loving-Kindness.

O Lord God, who hast created the Light and Darknes, and by the continual Interchange of Day and Night, puttest us in Mind of our transitory Condition, and the Shortness of our Abode here: Give me Grace to set myself about the Work of Salvation while the Day of Salvation lasteth, that when the Night of Death cometh, and our Lord shall call me to Account, I may receive the Reward of a good and faithful Servant, and enter into the Joy of my Master Jesus Christ. *Amen.*

Almighty God, who seest that we have no Power of ourselves to help ourselves; keep me both outwardly in my Body, and inwardly in my Soul, that I may be defended from all Adversities which may happen to my Body, and from all evil Thoughts which may assault and hurt my Soul, through Jesus Christ our Lord. *Amen.*

O God, whose never-failing Providence

vidence ordereth all Things both in Heaven and Earth, I humbly beseech thee to put away from me all hurtful Things, and to give me those Things which be profitable for me, through Jesus Christ our Lord. *Amen.*

O God, who for thy Mercies sake hast preserved me this Day past from all those Evils which for my manifold Transgressions might most justly have befallen me, deliver me from all the Terrors of this Night, and keep me in perpetual Peace and Safety, thro' Jesus Christ our Lord. *Amen.*

O God, the Creator and Preserver of all Mankind, I humbly beseech thee for all Sorts and Conditions of Men, that thou wouldst be pleased to make thy Ways known unto them, thy saving Health unto all Nations. Have Mercy upon all Jews, Turks, Infidels, and Hereticks, and take from them all Ignorance, Hardness of Heart, and Contempt of thy Word;

48 *The Daily Companion.*

Word ; and so fetch them home (blessed Lord) to thy Flock, that they may be saved among the Remnant of the true Israelites, and be made one Fold under one Shepherd, Jesus Christ our Lord. *Amen.*

O Lord, I beseech thee to keep thy Household the Church in continual Godliness ; that through thy Protection it may be free from all Adversities, and devoutly given to serve thee in good Works, to the Glory of thy Name, thro' Jesus Christ our Lord. *Amen.*

I beseech thee, O Lord, save and defend all Christian Kings, Princes and Governors ; especially thy Servant King *GEORGE*, that under him we may be godly and quietly governed, and grant unto his whole Council, and to all that are put in Authority under him, that they may truly and indifferently minister Justice, to the Punishment of Wickedness and Vice, and to the Maintenance of true Religion and Virtue. *Amen.*

Bless,

Prayers for Night. 49

Bless, O Lord, our gracious Queen *Charlotte*, his Royal Highness the Prince of *Wales*, and all the Royal Family : Prosper them with all Happiness, and bring them to thine everlasting Kingdom in the World to come, thro' Jesus Christ our Lord. *Amen.*

Almighty God, who alone work-est great Marvels, give Grace to all Bishops, Priests, and Deacons, especially to those under whose Dispensation I live ; illuminate them with true Knowledge and Understanding of thy Word, and grant that by their Preaching and Living they may set it forth and shew it accordingly ; and also rightly and duly administer thy Holy Sacraments : Grant this for thy Son Jesus Christ's sake. *Amen.*

Gracious Lord, bless all those who are near and dear unto me, and make them near and dear unto thine own self ; bless my Kindred, all other my Friends, Acquaintance, and Benefactors ; particularly forgive me and them all our Sins, and continue us
C thy

thy Servants in Life and Death. *Amen.*

Almighty God, Father of all Mercies, I thy unworthy Servant do give thee most humble and hearty Thanks for all thy Goodness and Loving-Kindness to me, and to all Men; I bless thee for my Creation, for my continual Preservation, (that of this Day in particular) and all the Blessings of this Life: But above all, for thine inestimable Love in the Redemption of the World by our Lord Jesus Christ, for all the Means of Grace, and for the Hope of Glory. Furthermore, I give thee humble Thanks that thou hast incorporated me into thy holy Church, that thou hast vouchsafed to call me to the Knowledge of thy Grace and Faith in thee; increase this Knowledge and confirm this Faith in me evermore; give me a due Sense of all thy Mercies, that my Heart may be unfeignedly thankful, and that I may shew forth thy Praise not only with my Lips, but in my Life, by giving up myself to thy Service, and by walk-

walking before thee in Holiness and Righteousness all my Days; through Jesus Christ our Lord; to whom, with thee and the Holy Ghost, be all Honour and Glory, World without End. *Amen.*

O Lord, thou which hast made the Night for Man to rest in, as well as the Day to labour, grant, dear Father, that I may so take my bodily Rest, that my Soul may continually watch for my Deliverance out of this mortal Life; and that my Sleep be not excessive, according to the insatiable Desires of the Flesh, but sufficient to relieve and maintain Nature, to live and serve thee in all sober and godly Conversation, thro' the Aid and Assistance of Jesus Christ my only Lord and Saviour. *Amen.*

Now unto the King Eternal, Immortal, Invisible, (the only wise God) be Honour and Glory for ever and ever. *Amen.*

Blessed be the holy and undivided Trinity, now and for evermore. *Amen.*

52 *The Daily Companion.*

When going to Bed and undressing yourself, use these short Ejaculations.

As I unclothe my Body of these earthly Garments, O Lord, un-clothe my Soul of ill Habits and idle Affections, and keep me in the Arms of thine abundant Mercy, for the Sake of thy Son Jesus Christ, my alone Saviour and Redeemer.

I brought nothing into this World, and it is certain I can carry nothing out: The Lord giveth, and the Lord taketh away, blessed be the Name of the Lord.

As you are going into Bed, say,
O LORD, as I now go to my Bed, I must one Day go to my Grave.

O make me wise to consider my latter End, and cause me to lie down in the green Pastures of thy Mercies; lead me beside the still Waters of thy Comforts, and restore my Soul.

As composing thyself to sleep, use this or the like Meditation.

AS I am now composing my Body to sleep, Lord, I beseech thee
to

Meditations for Night. 53

to keep my Heart waking, that it may contemplate upon thy Holy Commandments.

Protect and defend me, O Lord, by thy Heavenly Grace, from all Dangers this Night, and all the Dangers in the whole Course of my Life, in the Hour of Death, and in the Day of Judgment. I commit my Soul into thy Hands, my faithful Creator, therefore I beseech thee to receive me graciously, and love me freely.

*If you awake in the Night Season,
- meditate after this manner.*

LORD, I know thou wilt once call me to give an Account of my Stewardship; but when thou wilt come I know not, whether at Even, or at Midnight, or at Cock-crowing, or in the Morning. O do thou give me Grace to watch and pray always, that at thy Coming thou mayst say unto me, Well done good and faithful Servant, enter into the Joy of thy Master.

O Lord, the holy Angels are

now before thy Throne in Heaven, they never rest Day nor Night from thy Praises, and with them do I now sing Hallelujah, Salvation, Honour, Glory and Power, be unto thee, one God, for ever and ever. *Amen.*

D I R E C T I O N S

F O R T H E

L O R D ' s D A Y . .

A Good Christian, that takes care to spend every Day well, will take more than ordinary Care to sanctify the Lord's Day, it being the proper Employment of that Day to attend God's Worship, and to provide for our Souls ; and therefore 'tis fit we should add some Petitions to our Morning and Evening Prayers relating to the solemn Duties of the Day ; such as these are which follow.

Before Church Time.

O My God, I humbly beseech thee to prepare my Soul to
worship

Prayers on the Lord's Day. 55

worship thee this Day acceptably, with Reverence and godly Fear; fill me with that Faith which worketh by Love; purify my Heart from all vain, or worldly, or sinful Thoughts; fix my Affections on Things above all the Day long; and, O Lord, give me Grace to receive thy Word, which I shall hear this Day, into an honest and good Heart, and to bring forth Fruit unto Holiness, that I may attain everlasting Life, through the Merits of my Lord and Saviour Jesus Christ. *Amen.*

Let us take care that we may be there from the Beginning to the End; that our Hearts and Tongues may bear a Part throughout, which is a good Means to make us Partakers both of the Absolution at the Beginning, and the Blessing at the End of the Prayers.

At your first Entrance into the Church,
say,

O Dear Lord, I have loved the Habitation of thy House, and

56 *The Daily Companion.*

the Place where thine Honour dwelleth.

When you come into the Church, not only on the Lord's Day, but on any other Day, use this short Preparatory Prayer at your first kneeling down.

O Lord, I humbly beg thy Holy Spirit to help my Infirmities, and at this time so to influence and dispose my Heart to Devotion, that my Prayers and Praises may be acceptable in thy Sight, through Jesus Christ my Saviour. *Amen.*

Some Cautions against Indecencies (in the Church of England) in the time of Divine Service.

First, The saying the *Absolution* aloud after the Priest, as if they could absolve themselves, which *Absolution* our Church enjoins to be pronounced by the Priest alone.

The *Second* is, Repeating any of the other Prayers with an audible Voice, except the *Lord's Prayer* and *Responses*, which give great Disturbance both to *Minister* and *People* in their Devotions.

Prayers on the Lord's Day. 57

A *Third* is, Sitting all the while that the most Divine and Heavenly *Psalms* are reading (or singing.) This is a most unmannerly Practice, and inexcusable in all Persons, except the Aged and Sickly, whose Knees are weak and feeble.

Shall we give the Knee to a Temporal Prince when we ask a small Courtesy of him, and shall we refuse to stand when we give Thanks and Praise to God for his Mercies towards us? Surely, Standing is the proper Posture for Thanksgiving and Lauds. To this end we read, *Psal. cxxxiv. Praise ye the Name of the Lord, standing in the Court of the Lord's House*: And in the Second Proof, *Chron. vii. 6. All Israel stood when the Priests and Levites praised the Lord. Let us stand then in the Courts of the Lord's House when we either read or sing Psalms of Praise unto him.*

A Prayer at Church after Service.

Blessed be thy Name, O Lord,
for this Opportunity of at-
tending

tending thee in thy House and Service. Grant that I and all that profess thy Name may be Doers of thy Word, and not Hearers only; pardon our Wanderings and Imperfections, and accept both us and our Services, through our only Mediator Jesus Christ. *Amen.*

Directions for Receiving the Holy Eucharist.

THE Receiving of the blessed Sacrament is the most divine and solemn Act of all our Religion, and it ought to be the zealous Endeavour of every true Christian, by God's Assistance, to prepare his Soul with the most devout Dispositions he possibly can, to approach the Holy Altar: You are therefore to consider,

What you are to do before Receiving;

What in Time of Receiving;

And what after Receiving.

For your further Help, see *The Companion to the Altar, shewing the Nature and Necessity of a Sacramental Pre-*

Preparation, in order to our worthy receiving the Holy Communion. And, The Daily Self-Examinant; or, An earnest Persuasive to the Duty of Daily Self-Examination, &c.

P R A Y E R S

O N

Several Occasions,

Which may be added to any of the former DEVOTIONS.

A Prayer to be used by a married Person.

O Most holy Father, who in Paradise didst appoint and consecrate the Conjugal State, bless us thy Servants, whom that holy State has obliged in the sacred Ties of Love and Duty; teach us mutual Forbearance, Tenderness and Kindness to one another, and let a perfect Harmony and Agreement of our Affections be the Evidence that by that holy Ordinance thou hast

60 *The Daily Companion.*

made us one: Bless us with all Temporal and Spiritual Blessings, forgive all our Failings and Infirmities, and let a sincere and sacred Love alleviate and render supportable the Cares that attend that Condition of Life, and fit us to be ever happy with thee, the God of Peace and Love, through Jesus Christ our most blessed Lord and Saviour. *Amen.*

The Parents Prayer for their Children.

O Almighty and most merciful Father; who hast promised Children as a Reward to the Righteous, and hast given them to me as a Testimony of thy Mercy, and an Engagement to my Duty; be pleased to be a Father unto them, and give them healthful Bodies, understanding Souls, and sanctified Spirits, that they may be thy Servants and thy Children all their Days. Let thy great Mercy and Providence lead them through the Dangers, and Temptations, and Ignorance of their Youth, that they may never
run

run into Folly, and the Evils of an unbridled Appetite ; so order the Accidents of their Lives, that by good Education, careful Tutors, holy Examples, innocent Company, prudent Counsel, and thy restraining Grace, their Duty to thee may be secured in the midst of a crooked and untoward Generation : And if it seem good in thy Eyes, let me be enabled to provide conveniently for the Support of their Persons, that they may not be destitute and miserable at my Death : or if thou shalt call me off from this World by an early Summons, let their Portion be thy Care ; extend thy Mercy and Providence over their Bodies and Souls, that they may never live vicious Lives, nor die violent or untimely Deaths ; but let them glorify thee here with a free Obedience, and the Duties of a holy Life ; that when they have served thee in their Generations, and have profited the Christian Commonwealth, they may be Coheirs with Jesus in
the

62 *The Daily Companion.*

the Glories of thy eternal Kingdom, through the same our Lord Jesus Christ. *Amen.*

The Childrens Prayer for their Parents.

ALmighty God, who from the Loins of our first Parents, *Adam* and *Eve*, didst produce Mankind, and hast commanded us to honour our Parents; in Pursuance of thy holy Will and Commandment, and of our Duty to thee our God, and in thee to them, we do with all Humility beg a Blessing of thee for our Parents, who from thy Mercy and Plenty have conveyed many to us: Pardon and forgive all their Sins and Infirmities; increase in them all Goodness; give them Blessings of the right Hand, and Blessings of the left; bless them in their Persons and Posterity, in their Goods and good Name, in the Comforts of thy Holy Spirit, in a persevering Goodness, and at last in an eternal Weight of Glory, thro' Jesus Christ our Lord. *Amen.*

A Prayer for Chastity. 63

A Prayer for Chastity.

ALmighty God, O most holy and eternal Father, who art of pure Eyes, and canst behold no Uncleanneſs; let thy gracious and holy Spirit deſcend upon thy Servant, that my Body may be a holy Temple, and my Soul a Sanctuary to entertain the Prince of Purity, the Holy and Eternal Spirit of God. O let no impure Thoughts pollute that Soul which God hath ſanctified, no unclean Words pollute that Tongue which God hath commanded to be an Organ of his Praiſes; no unholy and unchaſte Action rend the Veil of that Temple where the Holy Jeſus has been pleaſed to enter, and chooſe for his Habitation; but ſeal up all my Senſes from all vain Objects, and let them be entirely poſſeſſed with Religion, and fortified with Prudence, Watchfulneſs and Mortification; that I poſſeſſing my Veſſel in Holineſs, may lay it down with a holy Hope, and receive it again into a joyful

64 *The Daily Companion.*

joyful Resurrection, through Jesus Christ our Lord. *Amen.*

The Servant's Daily Prayer.

O Holy and Blessed Lord God, who tookest upon thee the Form of a Servant, and wast obedient unto Death, even the Death of the Cross, that thou mightest work the Salvation of all People, as well bond as free, thou hast been pleased to call me to the State and Condition of a Servant, below many others in the World; O make me humbly submit to it, and always praise and magnify thy holy Name, that thou hast given me Health and Strength of Body to perform my Duty. Lord, cast forth all Murmurs and Repinings in me, and all Envy at the Prosperity of others; endow me with Meekness and Humility, and deliver me from the Slavery of Sin, that I may be made a Servant of Righteousness: Teach me to understand my Duty, and to reverence those whom I serve, accounting them worthy of that Ho-

A Prayer for a Child. 65

Honour which appertains to them. Preserve me from Pride, unseemly Passions, or disrespectful Behaviour towards my Superiors, quicken my Diligence in Business, and grant that whatever I shall take in hand, I may not do it with Eye-Service, but in Singleness of Heart, and obtain thy Grace and Favour for evermore. *Amen.*

A Daily Prayer for a Child.

O Lord, my most loving Saviour and merciful Redeemer, who commandest that little Children should come unto thee, and didst take them up in thy Arms, and lay thine Hands upon, and bless them; look graciously upon me, who am one of thy Children devoted to thy Service. Have Compassion on the Weakness of my tender Years, and keep me from all Evil and Danger both in Body and Soul; make me always mindful of my Creator in the Days of my Youth, and of that Baptismal Vow that was made in my Name, "that I should forsake the
" Devil

66 *The Daily Companion.*

“ Devil and all his Works, the
“ Pumps and Vanities of this wick-
“ ed World, and all the sinful Lusts
“ of the Flesh.” Make me dutiful
to my Parents, loving to my Rela-
tions, obedient to my Governors and
Instructors, and courteous and hum-
ble to all; that as I grow in
Years, I may grow in Grace and
Wisdom, and be in Favour with
God and Men. Guide and sanc-
tify me by thy Holy Spirit, that the
longer I live, the better I may be,
to the Comfort of my Parents,
the Honour and Glory of thee my
God, and my own Happiness here
and hereafter; and this I beg for
the Sake of Jesus Christ. *Amen.*

Our Father, &c.

*An excellent Prayer against sudden
Death.*

LORD, they who have led
the best Lives are desirous of
some time to prepare for their
Death. But my Life has abounded
in Sins and Frailties, which make
me stand in much greater need
thereof.

thereof. Snatch me not away therefore to give up my Accounts by the Surprize of a sudden Death, but deliver me from an unprepared Heart, and an unexpected End. As I sin daily, O God, let me repent daily, and stand always upon my watch, that I may be ready for thee whensoever thou callest me: But give me Time and Leisure, if it may please thee, to put my Spirit in the best Order I can for leaving this World, and appearing before thee, and taking my Leave of all decently, that with more Satisfaction to my Friends, and with more Settlement of Mind, and Comfort to myself, I may yield it up into the Hands of thy Mercy, thro' Jesus Christ my Lord and Saviour. *Amen.*
This Prayer may be said at any time when there is Opportunity to retire.

An Exercise to be used at any time of the Day.

O Lord, thou art my God, I will exalt thee: I will praise thy Name,

68 *The Daily Companion.*

Name, for thou hast done wonderful things : Thy Counsels of old are Faithfulness and Truth. Thou in thy Strength settest fast the Mountains, and art girded about with Power. Thou stillest the Raging of the Sea, and the Noise of its Waves, and the Madness of its People. They also that remain in the uttermost Parts of the Earth shall be afraid at thy Tokens ; thou that makest the Out-goings of the Morning and Evening to praise thee. O Lord God of Hosts, who is like unto thee ? Thy Truth, most mighty Lord, is on every Side. Among the Gods there is none like unto thee ; O Lord, there is none that can do as thou doest. For thou art great and doest wondrous Things, thou art God alone. God is very greatly to be feared in the Council of the Saints, and to be had in reverence of all them that are round about him. Righteousness and Equity is the Habitation of thy Seat. Mercy and Truth shall go before thy

Concluding Prayer. 69

thy Face. Glory and Worship are before him, Power and Honour are in his Sanctuary. Thou, Lord, art the Thing that I long for, thou art my Hope even from my Youth. Through thee have I been holden up ever since I was born ; thou art he that took me out of my Mother's Womb ; my Praise shall be always of thee.

Glory be to the Father, &c.

As it was in the Beginning, &c.

O Lord, bless me and keep me this Day ; O Lord, make thy Face to shine upon me, and be gracious unto me ; O Lord, prosper thou the Works of my Hands this Day, prosper thou my Handy Work ; O Lord, lift up the Light of thy Countenance upon me, and give me Peace both now and evermore.
Amen.

A Prayer to conclude our Daily Devotions.

A Lmighty God, who hast promised to hear the Petitions of them that ask in thy Son's Name,
I beseech

I beseech thee mercifully to incline
thine Ears unto me, who have now
made my Prayers and Supplications
unto thee ; and grant that those
things which I have faithfully asked
according to thy Will, may be ef-
fectually obtained to the Relief of
my Necessities, and to the setting
forth of thy Glory, through Jesus
Christ our Lord. *Amen.*

THE Peace of God, which
passeth all Understanding,
the Blessing of God Almighty, the
Father, the Son, and the Holy
Ghost, be with me now and at the
Hour of Death. *Amen.*

A Hymn for the Morning.

AWake my Glory, ere the rosy Morn
Does with a purple Blush the Skies
adorn ;

Before the Sun arise to break the Day,
Awake and chase thy gloomy Sleep
away ;

Awake soft Lute, awake my charming
Lyre, With

A Morning Hymn. 71

With sacred Transports my warm Breast
inspire ;

Awake each Faculty, awake and sing
In holy Raptures my Almighty King.
In Notes divine let my glad Voice pro-
claim

His mighty Goodness and eternal Name ;
Let my loud Praises through the World
resound,

While crowding Nations listen all
around.

But, O ! my God, thy Wonders are too
great

For Tongue to speak, or Verse to cele-
brate :

So vast thy Mercies and thy Truth so high,
They pierce the Clouds, and reach be-
yond the Sky.

An Evening Hymn.

Sleep is Death, O make me try
By sleeping, what it is to die ;
And down as gently lay my Head
On my Grave as on my Bed :
Howe'er I rest, great God, let me
Awake again at last with thee ; And

72 *The Daily Companion.*

And thus assur'd, behold I lie
Securely, or to wake or die:
These are my drowfy Days, in vain
I now do wake, to sleep again:
O come that Hour when I shall never
Sleep again, but wake for ever.

Grace before Meat.

BLESS, O Lord, unto us,
the Use of these thy Crea-
tures; make me to receive them so-
berly and thankfully, and in the
Strength of them to serve thee
faithfully, through Jesus Christ.
Amen.

Grace after Meat.

O God, who hast created us by
thy Power, preserved us by
thy Providence, redeemed us by thy
Blood, and at this time fed us with
thy good Creatures, thy Holy Name
be blessed and praised now and for
evermore. *Amen.*

Christia

Christian Supports

UNDER THE

Troubles of this World.

By the AUTHOR of the Companion to the Altar.

P S A L M xciv. 19.

*In the Multitude of my Thoughts
within me, thy Comforts delight
my Soul.*

Or,

*In the Multitude of the Sorrows that
I had in my Heart, thy Comforts
have refreshed my Soul.*

SO numerous and pressing are the Troubles and Calamities of this Life, unto which the greatest, the wealthiest, and the poorest, are all liable ; that there needs no other Evidence or Demonstration for Holy Job's Assertion than our own Experience : That although Affliction cometh not forth of the Dust, neither doth Trouble spring out of the Ground, yet Man is born to Trouble as the

D

Sparks

Sparks fly upward: Intimating that we are not to ascribe the Troubles and Miseries of Mankind to Earthly Causes, but to a Divine Providence; who has made it as natural for Man to suffer, (having offended him) as it is for the Sparks to ascend upward. Seeing then that the Hand of God is concerned in all those Evils which befall us, it may not be improper to enquire what those Comforts and Consolations are, which the same infinite Power and Goodness hath provided to support us under those numerous Evils and Temptations we must unavoidably encounter with, in our Journey thro' this Wilderness, or *Valley of Tears*.

This the *Royal Prophet* (a Prince of as great Troubles and Calamities in his Time, as any Man living) seems to have a principal Regard to, in the Words of my Text, to inform us from his own Experience, That altho' God had often visited him with many sore and heavy Judg-

Judgments ; yet under all those Conflicts of Body and Mind he had to struggle with, the Divine Goodness constantly supplied him with such Comforts and Consolations as were equivalent to his Sufferings : *In the Multitude of the Sorrows that I had in my Heart, thy Comforts have refreshed my Soul.*

In treating upon these Words, (according to the Sense and Design of the Psalmist) I will shew briefly the Comforts and Consolations that are necessary to support and quiet the Minds of those People who are any ways afflicted or distressed in *Mind, Body, or Estate.* And they are principally three.

First, God doth support and comfort good Men in all their Sufferings by his gracious Promises, frequently met with in Scripture.

Secondly, By fulfilling those Promises in the Assistance of his Holy Spirit, quickening their Graces, and encreasing their Strength, and hereby enabling them to bear cheerfully

those Sorrows and Afflictions which they cannot escape suffering.

Thirdly, By a comfortable Assurance of a glorious Immortality, as a final Issue and Reward for all their Pains and Sorrows in this Life.

And *First*, God doth uphold and comfort good Men by those many Offers of Favour and Protection that are made in Scripture to the *Righteous*; whereby they have an especial Assurance given them, that the Almighty will watch over them for good, and will never suffer them to be tempted above what they are able to bear. Though Mankind in general are taught to depend upon God from that good Providence which he daily exerciseth over the several Parts of the World; yet those who sincerely love and serve him, have much greater Reason to confide in him than others, because of that tender Love and Affection which the Father of Mercies, and the God of all Comforts, bears for the Godly. “The Righteous Lord
loveth

loveth Righteousness, and by his Countenance will behold the Thing that is just :” Whereof the holy *Psalmist* was so fully satisfied, that a great Part of his Book of *Psalms* is spent in declaring his Sense of it : “ That no good Thing will be withheld from them that lead a godly Life. Behold the Eye of the Lord is upon them that fear him, and upon them that put their Trust in his Mercy, to deliver their Soul from Death, and to feed them in the Time of Famine. There shall no Evil happen unto thee, neither shall any Plague come nigh thy Dwelling. For he shall give his Angels Charge over thee, to keep thee in all thy Ways. He healeth those that are broken in Heart, and giveth Medicine to heal their Sickness : The Lord looseth Men out of Prison : The Lord giveth Sight to the Blind : The Lord upholdeth all such as fall, and lifteth up all those that are down : The Lord preserveth the Souls of his Servants, and all they that put their Trust in him shall not be
D 3 destitute.”

destitute." There are a Multitude of such like Declarations as these to be met with in Scripture, to manifest God's Care and Providence towards good Men; especially that remarkable Observation of holy *David*, "I have been young, and now am old, yet saw I the Righteous never forsaken, nor his Seed begging their Bread." And not unlike this, is that other Observation of the Son of *Sirach*: "Look at the Generations of old, and see, did ever any trust in the Lord and was confounded? Or did ever any abide in his Fear and was forsaken? Or whom did the Lord ever despise that called upon him?" Here you have a large Manifestation of God's Care and Promise to support and comfort good Men, under the heaviest Pressures of Sorrow and Affliction; that they shall not be destitute of his Help and Assistance, be their Troubles never so numerous and afflicting: So that Storms may arise, Dangers may threaten them, Fears may surprize them, Losses and
Disasters

Disasters may befall them as Evils common to all Mankind; yet none of these shall ever be able to make them miserable, since they are in the Hands of a most affectionate Father, who is heartily desirous of their Welfare, and has accordingly declared, (for our Comfort and Consolation) That he will take care of us, either to save us from approaching Dangers, or to uphold us under them: Or lastly, to deliver us from those Afflictions he sees fit to lay upon us: Which is the second thing I propose to consider from these Words, viz. Those usual Methods whereby Almighty God doth support and uphold good Men, under those manifold Evils and Temptations which they cannot escape.

And wise and good Men, from their own Knowledge and Experience, allow that Afflictions are good and necessary for us; but then it is as certainly true, from the Consent of Mankind, that the Evils of

this Life would overpower and bear us down, did not the Divine Goodness proportion our Strength and Ability suitable to our respective Sufferings: This the *Psalmist* acknowledgeth to be the Effect of God's Goodness to him under his Calamities. "If the Lord had not helped me, it had not failed (says he) but that my Soul had been put to Silence: but when I said, my Feet had well nigh slipped, thy Mercy, O Lord held me up." Hereby declaring, as it follows in the Words of the Text, that altho' he had innumerable and perplexing Thoughts within, and as many Hardships and Dangers to encounter with abroad, yet God's Comforts refreshed his Soul; the Almighty was his Strength and Hope in the needful Time of Trouble. And in the *lxxi Psalm* he declares, that he never was in any Danger or Distress, but that he found Relief from God. "O what great Troubles and Adversities hast thou shewed me, and yet didst thou turn and refresh me,

me, yea, and broughtest me from the Depth of the Earth again: Great are the Troubles of the Righteous, but the Lord delivereth him out of all." He could not think, from that Experience he had of God's Goodness to him, that he would ever suffer him to be overwhelmed with any kind of Misery, since he had all along been thus gracious to him, and had made such Provisions for him, as we read in *Psalms* cxviii. 5, 6, 7. "I called upon the Lord (says he) in Trouble, and the Lord heard me at large. The Lord is on my side, I will not fear what Man doth unto me." Nor were these only his Words, but his constant Practice: For when he went forth to engage with the mighty *Goliath*, he thus expressed his Trust and Confidence in God: "The Lord that delivered me out of the Paw of the Lion, and out of the Paw of the Bear, he shall deliver me out of the Hand of this Philistine." And the Prophet, upon another Occasion, shews, from his

own Observation, what singular Interest he had observed other good Men to have in the Divine Providence in all their Troubles, besides himself. "Our Fathers hoped in thee, they trusted in thee, and thou didst deliver them; they called upon thee, and were holpen; they put their Trust in thee, and were not confounded."

And *St. Paul* makes the same Inference from his Reflection on God's Providence, in preserving him and his Fellow-Disciples; always declaring that they had ever been supported under the Weight and Burden of innumerable Evils and Perplexities: that when they were troubled on every side, they were not distressed; though they were perplexed, yet not in Despair; though they were persecuted, yet not forsaken; cast down, but not destroyed." And this Assistance of God's holy Spirit is likewise promised to all other Christians, to support and comfort them under all their Trials and Temptations. "But God is faithful, who

who will not suffer you to be tempted above that ye are able, but will with the Temptation also make a Way to escape, that ye may be able to bear it." And if so, why are we daunted or discouraged with the Apprehensions of any present or approaching Evils, when our Strength shall be increased in Proportion to our Burden? "My Grace is sufficient for thee (saith God to St. *Paul*), for my Strength is made perfect in Weakness:" Which the Apostle found exemplified in himself and others, as we read in 2 *Cor.* iv. 8, 9. before cited. God is intimate with good Men, and hath many Ways beyond our Apprehensions to convey his Comforts to us, to give us all the Assurance and Security imaginable of his Kindness and Compassion, constantly attending us under all, even the very Terrors of Death itself: Yea, "though I walk thro' the Valley of the Shadow of Death, I will fear no Evil; for thou art with me, thy Rod and thy Staff comfort me." Persecuted and afflicted we

may be, but forsaken we shall never be. When my *Father and my Mother forsake me, the Lord taketh me up*, says the same Prophet. There are none of us but some time or other may fall into those Circumstances of Danger, of bodily Pains, of Shame and Disgrace, and the like, as to have no Hopes of Relief and Comfort, but from God alone; none in all the World to confide in but him only: And under the greatest Evils that can befall us in this Life he is a sure Refuge and Sanctuary. “When our Hearts and Strength fail us, God is the Strength of our Hearts and our Portion for ever.” The Favour and Presence of Almighty God with his distressed Servants, is abundantly signified by many Examples in Holy Scripture; as in *Joseph*, while a Prisoner, the Text tells us, “that God was with him, and delivered him out of all his Afflictions:” With *Daniel* in the Lion’s Den: And likewise with the *Three Children* in the Fiery Fur-

nace. And could Mens Eyes be opened, like those of *Elisba's* Servant, they would see such bright Guards of Heavenly Powers set round about them, as could not but fill their Hearts with Courage and Comfort. But what the Eye cannot see, the Soul feels. Though we cannot discern those numerous Protectors pitching their Tents round about us, yet we can find the Effect, and have the Assistance of God's Grace in the midst of our sorest Tribulations. Hence it was, that *St. Paul* declared himself *strong* when he was *weak*, because he found the Power of Divine Grace rise in Proportion to his Pressures. And what an Advantage, what a Comfort and Support is this, to consider, that in the greatest Perils, nay, even in Death itself, we have an Almighty Friend to stand by us, and to carry us through? For (as *St. Augustine* truly observed) "God never forsakes any Man who does not first forsake him."

To

To these Considerations, we may likewise add those Benefits and Advantages which arise to us from Afflictions ; that they greatly contribute to the Exercise and Increase of all those Virtues and Graces, wherein Christian Perfection consists ; by strengthening our Faith, confirming our Hope and Trust in God's Promises, they teach us Prudence and Discretion in our Behaviour, Temperance and Moderation in our Passions and most lawful Enjoyments, Fortitude in bearing and being inured to Hardships and Difficulties : They promote our Repentance and Sorrow for Sin, by making us sick of that bitter Root, from whence our Sufferings spring : They bring down our haughty Spirits, they inspire us with Meekness, Humility and Patience ; and resemble us to the Captain of our Salvation, who was " a Man of Sorrows, and acquainted with Grief ;" hereby making us *crucified Christians* ; the best Condition and
most

most honourable Title which a State of Mortality can aspire to.

These are some few of those Reasons why God thinks fit to afflict his dearest Children, why he pronounceth a Blessing upon those that mourn : Which may serve to convince us, how mistaken Mankind are, in looking upon temporal Sufferings as the greatest Miseries, and certain Marks of the Divine Displeasure.

Moreover, we likewise learn from Holy Scripture, that Afflictions and Sufferings have ever been the Lot and Portion of all good Men. Our Saviour expressly tells his Disciples, and in them all other his faithful Servants, that “ in this World they shall have Tribulation.” And St. *Paul* declares, without Exception, that “ all who shall live godly in *Christ Jesus* shall suffer Persecution.” That this is Matter of Fact, the Examples of the most renowned Saints in all Ages abundantly testify, whereof the Apostle hath given us a
sum-

summary Relation, who tells us, (speaking of the Afflictions of good Men under the Law) “that they were tortured, they were naked, they were scourged, they were imprisoned, they were stoned, they were sawn afunder, they were slain with the Sword, they wandered about in Sheep-skins and Goat-skins, being destitute, afflicted, tormented, they wandered about in Desarts and Mountains, and Caves of the Earth;” and yet these are the very Persons “of whom the World was not worthy.” This was the Case of the best Men under the Law; and the Gospel is expressly founded upon the Cross. The Captain of our Salvation, we read, “was made perfect through Sufferings.” And not to mention other Examples, Christ himself hath laid down this general Rule, “that if any Man doth not take up his Cross and follow him, he cannot be his Disciple.” Which plainly intimates, that all Men must bear their Part in the

Afflic-

Afflictions of this World, to exercise their Meekness and Patience; and that by following their Leader in those Virtues, is the only Means by which Salvation can be had.

Which brings me to the third and last Comfort or Consolation I mentioned, necessary to support and quiet our Minds under the Evils and Calamities of this Life, *viz.* an Assurance of a glorious Immortality, a future State of Happiness, a final Reward for all our Pains and Sufferings in this Life.

Our blessed Saviour, to fortify the Minds of his Disciples against those Troubles which he had told them were likely to ensue, took them up into the Mount, and there gave them an ocular Conviction of that blessed State which, in due time, they themselves were to enjoy.

Now this is the Hope that is set before every one of us, to comfort and support us under our present or approaching Pains and Sufferings: "For our light Affliction (saith St. Paul)

Paul) which is but for a Moment, worketh for us a far more exceeding and eternal Weight of Glory." And the same Apostle elsewhere speaking of the Persecutions of the Christians in his time, shews us what it was that supported them, *viz.* that Assurance they had of a Resurrection to a better Life, "Knowing, that he which raised up the Lord Jesus, shall raise us up also by Jesus." And then it follows, "For which Cause we faint not." Indeed what Consolation can be stronger, or what State of Life can be so uncomfortable, that this Prospect of a glorious Immortality will not compose and sweeten? How strong a Consolation is it for a Man under bodily Pains and Grievs, to contemplate a State whereinto he is passing, where shall be "no more Sorrow, -no more Pain, and where all Tears shall be wiped from our Eyes?" How strong a Consolation is it for a Man under the Circumstances of Poverty, Calumny, or any other Oppression, to consider, that
one

one Day he shall enjoy the Fruition of that God, "in whose Presence is Fulness of Joy, and at whose right hand there are Pleasures for evermore?" It is very remarkable in the Case of Holy *Job*, that when he was stript and destitute of all that the World calls Comfort, he had this Consolation still in reserve; the Fruition of a much greater Happiness revealed to him. "I know that my Redeemer liveth, and that he shall stand at the latter Day upon the Earth: And though after my Skin, Worms destroy this Body, yet in my Flesh shall I see God, whom I shall see for myself, and mine Eyes shall behold, and not another." Therefore since this Man of universal Afflictions has this Revelation given him as a sure Means of Comfort, let us who have the same Hopes and Expectations more clearly revealed, apply the same Consolation to the same End and Purpose; "Looking unto Jesus the Author and Finisher of our Faith, who, for the Joy that was

was set before him, endured the Cross, despising the Shame, and is set down at the right hand of the Throne of God. For consider him that endured such Contradiction of Sinners against himself, lest ye be wearied and faint in your Minds." Do you, as the Holy Jesus did, fix your Eye upon the Joy and Crown which is set before you, that from thence you may derive Patience and Courage under your Trials and Sufferings. Let not those Evils and Temptations you are labouring under discourage you, since your Lord suffered infinitely greater. If our Burden is grievous, and our Yoke fret and gall us, let us remember that we have not long to bear it. "When a few Years are come, we shall go the Way whence we shall not return : " Where we shall enter upon those unspeakable and eternal Joys " which Eye hath not seen, nor Ear heard, neither have entered into the Heart of Man, the Things which God hath prepared for them that love him." A

Happi

Happiness which will commence upon the End and Accomplishment of all our Sufferings. When the Anguish and Sorrows of a miserable and wretched Life are over, and our Lord shall meet us with this welcome Summons, "Come ye blessed of my Father, inherit the Kingdom prepared for you from the Beginning of the World;" then shall the Righteous "stand with great Boldness before the Face of such as have afflicted him, and made no Account of his Labours." When they see it, they shall be troubled with terrible Fear, and shall be amazed at the Strangeness of his Salvation, so far beyond all that they looked for. The Righteous live for evermore, and their Reward also is with the Lord, and the Care of them is with the most High, therefore shall they receive a glorious Kingdom." Have but a little Patience, and you that sow in Tears ere long shall reap in Joy." A Time is coming when you shall see the Goodness of the Lord in the Land of the Living;"

Living;" and shall say, "Verily there is a Reward for the Righteous, doubtless there is a God that judgeth the Earth." And what can we desire more? our Lord comforts us under our Afflictions; he enables us to bear them, and after refreshing us with his gracious Presence to carry us thro' our Trials and Temptations, will reward our Sorrows and Sufferings with the Possession of his blessed Kingdom. Methinks we might be convinced, upon these and several other Considerations arising from the Benefits and Advantages of Afflictions in general; that "the Sufferings of this present Time are not worthy to be compared with that Glory which shall be revealed in us."

A Day will come when we shall be at Ease, and perfectly freed from all those Evils, Sufferings, and Persecutions attending us in this Life; when we shall find Rest to our Souls, and shall reap the Comfort, and enjoy the Reward of them who suffer for "Righteousness Sake, for theirs is the Kingdom of God:" Therefore

ere it was well said once by a good Man,
ht- "Blessed be God that we are to die;"
the because to good Men, that is a cer-
fire tain Cure for all the Evils of this
der World, and will unquestionably put
bear an End to all our Sorrows. The
his Grave is a Place of Rest and Dis-
thro' charge from all Troubles; as *Job*
will elegantly describes it, "There the
ngs Wicked cease from Troubling, there
ffed the Weary be at Rest, there the Pri-
t be soners rest together, they hear not the
l o- Voice of the Oppressor, the Small and
the the Great are there, and the Servant
cti- is free from his Master." So soon as
ings we enter into the other World, we
rthy are secure against all the Dangers and
lory Pursuits of all those Evils which af-
flicted us in this. And nothing will
then remain, but the Remembrance
of our past Sufferings, and the plen-
tiful Reward of our Constancy and
Per- Patience under them. And the great-
r our Tribulations and Sorrows
have been here, the greater will our
Comfort and Happiness be hereaf-
ter; "which (saith *St. Paul*) is a
manifest Token of the righteous

Judgment of God, that ye may be accounted worthy of the Kingdom of God, for which ye also suffer; seeing it is a righteous Thing with God to recompense to you who are troubled, rest with us, when the Lord *Jesus* shall be revealed from Heaven, with his mighty Angels." When we come to Heaven, our Happiness shall then be as real as our Miseries, nay, far greater and more lasting: And what great Matter is it, if we suffer a while in this Life, provided we escape the endless and unsufferable Torments of the next? Though we may not have our Share of the good Things of this Life, yet we may partake of "that exceeding and eternal Weight of Glory," reserved for the Godly in the other. Most of the Evil and Afflictions of this Life would be insupportable, if there were nothing better to be hoped for hereafter; this were true, Christians would not only be of all Men, but of all Creatures *the most miserable*: But Thanks be to God, our Religion

has

hath abundantly assured us to the contrary, and the Assurance of this was that which made the Primitive Christians “to glory in Tribulation, and to take joyfully the Spoiling of their Goods, knowing that in Heaven they had a better, and more enduring Substance.”

I come now to the Application of this Discourse by way of Inference.

First then, In all our Troubles and Afflictions of what kind soever that may befall us, of Pain and Poverty, of Sickness and Loss, of Reproach and Persecution: I say, under any of these Evils, let us support our Minds with a firm Belief of the Providence of Almighty God, of his tender Care and Compassion for all good Men, and comfort ourselves under the greatest Extremities, as pious *Judith* did. “Thou art a God of the Afflicted, an Helper of the Oppressed, an Upholder of the Weak, a Protector of the Forlorn, a Saviour of them that are without

E

Hope

Hope. The Lord is my Light and my Salvation, whom then shall I fear? The Lord is the Strength of my Life, of whom then shall I be afraid? Though an Host of Men were laid against me, yet shall not my Heart be afraid. And though there rose up War against me, yet will I put my Trust in him: For in the Time of Trouble he shall hide me in his Tabernacle; yea, in the secret Place of his Dwelling shall he hide me, and set me upon a Rock of Stone. The Lord also will be a Defence for the Oppressed, even a Refuge in due Time of Trouble; and they that know thy Name will put their Trust in thee; for thou, Lord, hast never failed them that seek thee." What great Encouragement is here to cast our Care upon God under our heaviest Calamities, being assured that he takes Notice of us whensoever we do so? "He will hear their Cry, and will help them." There is no Case so forlorn, but he regards it, and hath

a Remedy at Hand, to relieve us beyond our Hopes and Expectations, if he thinks fit to remove it; he “being able to do for us exceedingly above what we can ask or think.” Since therefore God is thus good and gracious, let us not question his Care and Compassion to help us in our Need, to relieve us in our Distresses, and to comfort us under all our Sorrows and Afflictions, provided always that we do our Duty to him, and do what becomes us, and nothing else. We may then confidently boast with *St. Paul*, “That neither Death, nor Life, nor Angels, nor Principalities, nor Powers, nor Things present, nor Things to come, nor Height nor Depth, nor any other Creature, shall be able to separate us from the Love of God which is in Christ Jesus. If God be for us, who can be against us?”

In this Vale of Tears, Afflictions and Calamities are often the Lot and Portion of the best Men. Now where shall we find Comfort under

these Difficulties, and Strength to contend with them, but from that Provision which is administred at God's Table? where, with the Eye of Faith, we may behold those Sufferings which Christ endured for us. The heaviest and most grievous Load of Sufferings that ever was laid upon any Man, God permitted "to be laid upon his only begotten Son, the dearly beloved of his Soul, in whom he was well pleased." The greater our Afflictions are, the more we suffer, by so much the more are we like to the Son of God, and so much the more likely to be the Sons of God. "Blessed is the Man whom God chasteneth; for whom the Lord loveth he chasteneth, and scourgeth every Son whom he receiveth (saith St. Paul.) If ye endure chastening, God dealeth with you as with Sons: For what Son is he whom the Father chasteneth not? But if ye be without Chastisement, whereof all are Partakers, then are ye Bastards, and not Sons." It is true, the Apostle tells

tells us, that no "Affliction for the present is joyous, but grievous." But surely it must be a great Mitigation of it to be made like unto Christ, by suffering patiently Adversities, Troubles and Sickneses: For he himself went not up to Joy, but first suffered Pain: He entered not into his Glory before he was crucified: So truly our Way to eternal Joy is to suffer here with Christ; and our Door to enter into eternal Life, is gladly to die with Christ, that we may rise again from Death, and dwell with him in everlasting Life. "It is a faithful Saying: For if we be dead with him, we shall also live with him; if we suffer, we shall also reign with him." And therefore when Tribulations are sent upon us, and attended with Grace to bear them patiently, this is a Token of God's appointing us to Bliss and Glory everlasting, with his Son Jesus Christ. From whence then shall we receive Comfort and Assistance to sustain us until that Day come, but from this Heavenly Food, pre-

pared for us at this Banquet? It is from this Divine Nourishment we receive those comfortable Impressions, as will make the Troubles of this Life to lose their Sting, and supply us with those inward Delights, to refresh our Souls under the heaviest Pressures, which are only felt by those who make the Experiment. But,

Secondly, The other Thing I would recommend to you, as a proper Inference from this Discourse, is a Duty incumbent on all Men, in all Conditions; but more especially beneficial to those under a State of Affliction, *i. e.* frequent and earnest Prayer to Almighty God; the constant Practice of all holy Men and Women in all Ages. When holy *David* was in extreme Danger, occasioned by the Malice of his open Enemies, and the Treachery of his revolting Friends, his principal Care was to secure an Interest in God by frequent and fervent Prayer, who he knew was both able and willing to defend him. “As for me,

me, I will call upon God, and the Lord shall hear me. In the Evening, and Morning, and at Noon Day, will I pray, and that instantly, and he shall hear my Voice. Lo the Poor crieth, and the Lord heareth him, yea, and saveth him out of all his Troubles." Prayer is the Means to keep us from all Evil, to procure for us all that is good, to gain us Comfort and Assistance, Counsel and Strength under our Afflictions; to keep us in Health, to restore us from Sicknefs, and to relieve us in Poverty. If Sorrow hath seized on us, Prayer will give Vent and Ease to the Passions: Nor can there be any better Cure for our Grief, than to make our Complaints known to him, who is both able and willing to hear and comfort us. "Thou calledst upon me in Trouble; and I delivered thee, and heard thee, what Time the Storm fell upon thee. When I am in Heaviness, I will think upon God; when my Heart is vexed, I will complain." Prayer is the best

Antidote in the World against all Disappointments and Vexations that we can meet with: Against every ungrateful and displeasing Accident that comes upon us in the Course of our Lives. He that converseth with God by Prayer, and useth to make all his Concernments known to him, is prepared to bear all things patiently and evenly, whatsoever happens or comes to pass: Insomuch that the sorest, most grievous, and heaviest Troubles and Afflictions are not only supportable, but also easy to him. And what can be more expresse to encourage us to pray unto God for Comfort and Support under our Sorrows and Afflictions, than our Saviour's expresse Promise? "Ask and it shall be given unto you, seek and ye shall find, knock and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth." This is as full a Promise as possibly can be made: And yet for our greater Security, that we may rest satisfied that God will hear

hear our Prayers, and grant our Petitions, he proves it by a familiar Example. “What Man is there of you (says he) whom if his Son ask Bread, will he give him a Stone? Or if he ask a Fish, will he give him a Serpent? If you then, being evil, know how to give good Gifts unto your Children, how much more shall your Father which is in Heaven give good Things to them that ask him?” As if he had said, you know and feel what the Natural Kindness and Affection of earthly Parents is for their Children; how ready they are to answer all their reasonable Requests: But much more ready and willing is God to help and assist his dear Children, because there is no Comparison between the Kindness and Tenderness of earthly Parents, and his Goodness. “For look how high the Heaven is in Comparison of the Earth; so great is his Mercy also towards them that fear him.” Let us therefore, by frequent and fervent Prayer in every Thing, make our

Requests known unto God; beseeching him that his watchful and merciful Providence would undertake the Care of us, and that he would fit and prepare us for Sufferings: That it would please him to comfort and relieve every one of us, according to our several Necessities, giving us Patience under all our Sufferings, and a happy Issue out of all our Afflictions. This will better become us than peevish Murmurings and Complaints; because by betaking ourselves to Prayer, we shall engage the Providence of God to save us from Troubles, to support us under them, and in his due Time to deliver us from all Evil and Mischief, as our excellent *Litany* hath taught us to pray.

Thirdly, and to conclude: Let us take care to deserve God's Favour and Protection, by ordering our Conversation as becomes the Gospel. To live otherwise is the readiest way to make him our Enemy, to change his Comforts into Judgments,

ments. "The Eyes of the Lord are over the Righteous; and his Ears are open unto their Prayers: But the Countenance of the Lord is against them that do Evil, to root the Remembrance of them from the Earth." It is to such only (you may observe) that our Saviour promiseth the Blessings and Comforts of this Life, who first seek the Kingdom of God and his Righteousness. And therefore it ought not to be any Surprize to us, if God rejects our Petitions, and continues his Chastisements, so long as we continue in our Sins. "He hath no Pleasure in Wickedness, neither shall any Evil dwell with him: Such as be foolish shall not stand in his Sight, he hateth all them that work Vanity." There is no such way to arm ourselves against Sufferings, or to get rid of Afflictions when they befall us, as utterly to forsake and renounce those evil Courses which have brought them upon us. This if we do, we need never question a Share in those Mercies and Comforts which

108 *Prayers and Meditations*

the Almighty hath designed for his faithful Servants. "He will gather us under his Wings, and we shall be safe under his Feathers: His Faithfulness and Truth shall be our Shield and Buckler, and he will be our Guide unto Death."

Which God of his infinite Mercy grant to us all, through Jesus Christ our Lord and Saviour. *Amen.*

P R A Y E R S
A N D
M E D I T A T I O N S
F O R T H O S E
A F F L I C T E D i n M I N D.

Texts of Scripture.

IS any among you afflicted, let him pray.

The Almighty hath dealt very bitterly with me.

For the Arrows of the Almighty are within me, the Poison thereof drinketh up my Spirit, the Terrors of
of

of God do set themselves in array against me.

God writeth bitter Things against me, and maketh me to possess mine Iniquities.

Terrors are turned upon me, they pursue my Soul as the Wind, and my Welfare passeth away as a Cloud.

And now my Soul is poured out upon me, the Days of Affliction have taken hold of me.

Have pity upon me, have pity upon me, O my God, for thy Hand hath touched me.

The Confession of Sins.

A Almighty God, Father of our Lord Jesus Christ, Maker of all Things, Judge of all Men; I acknowledge and bewail my manifold Sins and Wickedness, which from time to time I have most grievously committed in Thought, Word, and Deed, against thy Divine Majesty, (*here name particular Sins*) provoking most justly thy Wrath and Indignation against me. I do earnestly repent, and am heartily sorry for these
my

110 *Prayers and Meditations*

my Misdoings ; the Remembrance of them is grievous unto me, the Burden of them is intolerable. Have Mercy upon me, most merciful Father ; for thy Son our Lord Jesus Christ's Sake forgive me all that is past, and grant that I may ever hereafter serve thee in Newness of Life, to the Honour and Glory of thy Name, through Jesus Christ our Lord. *Amen.*

ALmighty God our heavenly Father, who of thy great Mercy hast promised Forgiveness of Sins to all them that with hearty Repentance, and true Faith, turn unto thee : Have Mercy upon me, pardon and deliver me from all my Sins, confirm and strengthen me in all Goodness, and bring me to everlasting Life, through Jesus Christ our Lord. *Amen.*

OEternal Father, and God of all Comforts, behold with much Pity and Compassion the Troubles and Sorrows of my Heart : My Sins lie heavy upon me and press
me

me fore, and *there is no Rest in my Bones* by reason of thy Displeasure and my Sin; the Waters are gone over me, and I stick fast in the deep Mire, and my Miseries are without Comfort. *Righteous art thou, O Lord, and just are thy Judgments;* yea, just and faithful is my God, and *there is no Iniquity in him.* Lord, pity me, and let thy Comforts refresh my Soul. I know *the Lord preserveth the Souls of his Servants, and all they that put their Trust in thee shall not be destitute.* In this Persuasion I humbly pray thee that thou wouldst not deal with me according to my Deserts, which have rendered me obnoxious to thy Wrath and Indignation; but according to the *Multitude of thy tender Mercies do away mine Offences.* *Make me a clean Heart, O God, and renew a right Spirit within me.* And since thou art pleased to scourge the inward Man, I beseech thee to assist me with thy Grace and holy Spirit to carry me through these Sorrows
and

112 *Prayers and Meditations*

and Temptations I am now struggling withal ; make haste, O Lord, to help me, and grant me Peace and Comfort, for Jesus's Sake. *Amen.*

O Lord, make haste and help me according as thou seeest convenient, and after thine own Will, which is always best and most expedient for me, for Jesus's Sake. *Amen.*

Ejaculations proper for those afflicted in Mind.

THE Lord is my Light and my Salvation, whom then shall I fear ? the Lord is the Strength of my Life, of whom then shall I be afraid ?

For in the Time of Trouble he shall hide me in his Tabernacle ; yea in the secret Place of his Dwelling shall he hide me, and set me upon a Rock of Stone.

Why art thou so heavy, O my Soul, and why art thou so disquieted within me ? O put thy Trust in God : I will yet give him Thanks, which

which is the Help of my Countenance and my God.

O hide not thou thy Face from me, nor cast thy Servant away in Displeasure. Thou hast been my Succour, leave me not, neither forsake me, O God of my Salvation.

Be merciful unto me, O God, be merciful unto me, for my Soul trusteth in thee, and under the Shadow of thy Wings shall be my Refuge, until this Tyranny be overpast.

For innumerable Troubles are come about me, my Sins have taken such hold upon me that I am not able to look up; yea they are more than the Hairs of my Head, and my Heart hath failed me.

My Soul is also sore troubled; but, Lord, how long wilt thou punish me?

My Heart is disquieted within me, and the Fear of Death is fallen upon me. Fearfulness and Trembling are come upon me, and an horri-

114 *Prayers and Meditations*

horrible Dread hath overwhelmed me.

I am brought into so great Trouble and Misery, that I go mourning all the Day long.

The Sorrows of my Heart are enlarged ; O bring thou me out of my Troubles. Look upon my Adversity and Misery, and forgive me all my Sins.

Turn thee unto me, and have Mercy upon me, for I am desolate and in Misery.

In thee, O Lord, have I put my Trust, let me never be put to Confusion. Deliver me in thy Righteousness. Bow down thine Ear to me, make haste to deliver me ; and be thou my strong Rock and House of Defence, that thou mayst save me ; for thou art my strong Rock and Castle. Be thou also my Guide, and lead me for thy Name's sake.

As for me, I am poor and in Misery, haste thee unto me, O God ;

God ; thou art my Helper and Redeemer, make no long tarrying.

My Flesh and my Heart faileth :
But God is the Strength of my
Heart, and my Portion for ever.

Into thy Hands I commend my
Spirit, for thou hast redeemed me,
O Lord, thou God of Truth.

Blessed Lord, who hast caused all
Holy Scriptures to be written
for our Learning, grant that I may
in such wise hear them, read, mark,
learn, and inwardly digest them,
that by Patience and Comfort of thy
Holy Word, I may embrace and
ever hold fast the blessed Hope of
everlasting Life, which thou hast
given us in our Saviour Jesus
Christ. *Amen.*

O God, who knowest me to be
set in the midst of so many
and great Dangers, that by reason
of the Frailty of my Nature, I can-
not always stand upright ; grant
me such Strength and Protection,

116 *Prayers and Meditations*

as may support me in all Dangers, and carry me through all Temptations, through Jesus Christ. *Amen.*

O Almighty and most gracious God, mercifully regard my Prayers, and deliver me from the Temptations of evil Thoughts, that my Soul may become a worthy Habitation for thy Holy Spirit, thro' Jesus Christ our Lord. *Amen.*

Prayers and Meditations for those who despair of God's Mercy in the Pardon and Forgiveness of their Sins.

UNTO thee, O Lord, will I lift up my Soul. My God, I have put my Trust in thee. Shew me thy Ways, O Lord, and teach me thy Paths. Lead me forth in thy Truth, and learn me, for thou art the God of my Salvation; in thee hath been my Hope all the Day long. Call to remembrance, O Lord, thy tender Mercies, which have been ever of old; O remember

ber not the Sins of my Youth, but according to thy Mercy think thou upon me, O Lord, for thy great Goodness. Gracious and righteous is the Lord, therefore will he teach Sinners in the Way.

The Lord is nigh unto them that are of a contrite Heart, and will save such as be of an humble Spirit.

Have Mercy upon me, O God, after thy great Goodness, according to the Multitude of thy Mercies, do away mine Offences. Wash me thoroughly from my Wickedness, and cleanse me from my Sin; for I acknowledge my Faults, and my Sin is ever before me. Turn thy Face from my Sins, and put out all my Misdeeds. Make me a clean Heart, O God, and renew a right Spirit within me. Cast me not away from thy Presence, and take not thy Holy Spirit from me. O give me the Comfort of thy Help again, and stablish me with thy free Spirit.

O

118 *Prayers and Meditations*

O remember not our old Sins, but have Mercy upon us, and that soon, for we are come to great Misery. Help us, O God of our Salvation, for the Glory of thy Name; O deliver us, and be merciful unto our Sins for thy Name's sake.

The Lord is full of Compassion and Mercy, Long-suffering and of great Goodness: He will not always be chiding, neither keepeth he his Anger for ever: He hath not dealt with us after our Sins, nor rewarded us according to our Wickednesses. For look how high the Heaven is in Comparison of the Earth, so great is his Mercy also towards them that fear him. Look how wide also the East is from the West, so far hath he set our Sins from us; yea, like as a Father pitieth his own Children, even so is the Lord merciful unto them that fear him. For he knoweth whereof we are made, he remembereth that we are but Dust.

○ Come unto me, all ye that labour
and

and are heavy laden, and I will give you Rest.

So God loved the World, that he gave his only begotten Son, to the End that all that believe in him should not perish, but have everlasting Life.

This is a true Saying, and worthy of all Men to be received, That Jesus Christ came into the World to save Sinners.

If any Man sin, we have an Advocate with the Father, Jesus Christ the Righteous, and he is the Propitiation for our Sins.

The whole Drift and Design of these Texts of Scripture, is in Effect the same with the Prophet *Isaiah*, *Let the Wicked forsake his Way, and the unrighteous Man his Thoughts, and let him return unto the Lord, and he will have Mercy upon him; and to our God, for he will abundantly pardon.* No People, no Person, no Time or Age, is excepted against: But *whenever the wick-*

120 *Prayers and Meditations*

wicked Man turneth from his Wickedness that he hath committed, and doth that which is lawful and right, he shall save his Soul alive; because he considereth and turneth away from all his Transgressions that he hath committed, he shall surely live, he shall not die.

Three Things there are, saith the Holy Father St. Bernard, wherein my Hopes of Mercy depend and are impregnable. *First*, The exceeding Love of that God who calls Sinners to *Repentance*. *Secondly*, The infallible Truth and Certainty of those Promises, by which he hath obliged himself to *forgive* and to *shew Mercy*. And, *Thirdly*, That unlimited Power he hath to perform every Word that proceedeth out of his Mouth; this says he, is that threefold Cord which cannot be broken. A Cord let down from Heaven to draw up, who are grieved and wearied with the Burden of our Sins; and by it, through Faith and Repentance

tance, we may ascend to the very Sight of that God, "in whose Presence there is Fulness of Joy, and at whose right Hand there are Pleasures for evermore."

GRANT, I beseech thee, Almighty God, that I, who for my evil Deeds do worthily deserve to be punished, may by the Comfort of thy Grace mercifully be relieved, thro' our Lord and Saviour Jesus Christ. *Amen.*

GO not far from me, O Lord my God, make haste to help me; for corrupt Imaginations are continually rising in my Breast, and innumerable Fears and Troubles close me on every Side: Be pleased therefore, gracious Lord, in this Perplexity, to refresh my Soul with some speedy Comfort. Scatter and disperse all those dark and sinful Thoughts which haunt my Soul; shed forth the Light of thy Countenance into my Heart; in this Extremity of Grief, it is my only Hope and Comfort, that I can take

122 *Prayers and Meditations*

Sanctuary in thy Goodness, repose my Confidence, and cast all my Care and Burden upon thee, who never failest those that call upon thee : Give me Patience under these Sufferings, and a happy Issue out of all mine Afflictions. *Turn thee unto me, and have Mercy upon me, for I am desolate and in Misery : The Sorrows of my Heart are enlarged, O bring thou me out of all my Troubles. Look upon my Adversity and Misery ; forgive me all my Sins. O keep my Soul, and deliver me ; let me not be confounded, for I have put my Trust in thee ; for Jesus Christ's Sake. Amen.*

O God, who knowest me to be set in the midst of so many and great Dangers, that by reason of the Frailty of my Nature, I cannot always stand upright ; give me such Strength and Protection, as may support me in all Dangers, and carry me through them, for the sake of Jesus Christ our Lord. *Amen.*

Al-

A Lmighty God, who seest that I have no Power of myself to help myself; keep me both outwardly in my Body, and inwardly in my Soul, that I may be defended from all Adversities which may happen to the Body, and from all evil Thoughts which may assault and hurt the Soul, thro' Jesus Christ our Lord. *Amen.*

O God, merciful Father, that despisest not the Sighing of a contrite Heart, nor the Desire of such as be sorrowful; mercifully assist these Prayers that I make before thee, in all my Troubles and Adversities whensoever they oppress me; and graciously hear me, that those Evils which the Craft and Subtilty of the Devil or Man worketh against me, be brought to nought, and by the Providence of thy Goodness they may be dispersed; that I, thy Servant, being hurt by no Persecutions, may evermore give

124 *Prayers and Meditations*

Thanks unto thee in thy Holy Church, through Jesus Christ our Lord. *Amen.*

From mine Enemies defend me,
O Christ.

Graciously look upon my Afflictions.

Pitifully behold the Sorrows of
my Heart.

*Mercifully forgive the Sins of thy
Servant.*

Favourably with Mercy hear my
Prayers.

O Son of David, have Mercy
upon me.

Both now and ever vouchsafe to
hear me, O Christ.

*Graciously bear me, O Christ ;
graciously bear me, O Lord Christ.*

O Lord, let thy Mercy be shew-
ed upon me,

As I do put my Trust in thee.

I Humbly beseech thee, O Father,
mercifully to look upon my In-
firmities ; and for the Glory of thy
Name, turn from me all those Evils
that I most righteously have de-
served ; and grant that in all my
Trou-

Troubles, I may put my whole Trust and Confidence in thy Mercy, and evermore serve thee in Holiness and Pureness of Living, to thy Honour and Glory, thro' Jesus Christ our Lord. *Amen.*

LORD, I beseech thee, grant me Grace to resist the Temptations of the World, the Flesh, and the Devil; and with a pure Heart and quiet Mind, to follow thee, the only true God, through Jesus Christ our Lord. *Amen.*

Almighty God, who hast promised to hear the Petitions of them that ask in thy Son's Name; mercifully incline thine Ears unto me, that have made now my Prayers and Supplications unto thee: And grant that those Things which I have faithfully asked according to thy Will, may effectually be obtained to the Relief of my Necessity, and to the setting forth of thy Glory, thro' Jesus Christ our Lord. *Amen.*

THE Peace of God, which passeth all Understanding, keep

126 *Prayers and Meditations*

my Heart and Mind in the Knowledge and Love of God, and of his Son Jesus Christ our Lord; and the Blessing of God Almighty, Father, Son and Holy Ghost, be with me and remain with me always. *Amen.*

Prayers and Meditations for those that are afflicted in Body.

MY Son, despise not thou the Chastening of the Lord, nor faint when thou art rebuked of him: For whom the Lord loveth he chasteneth, and scourgeth every Son whom he receiveth. If ye endure chastening, God dealeth with you as with Sons; for what Son is he, whom the Father chasteneth not? But if ye be without Chastisement, whereof all are Partakers, then are ye Bastards, and not Sons.

THESE Words I know, O Lord, are written in holy Scripture for my Comfort and Instruction, that I should patiently, and with Thanksgiving, submit
to

to my Heavenly Father's Correction; whensoever by any Chastisements it shall please his gracious Goodness to visit me. I am fully persuaded, that if I truly repent me of my Sins, and bear this Correction and Sickness patiently, trusting in God's Mercy, for his dear Son *Jesus Christ's* Sake, submitting myself entirely to his Holy Will and Pleasure; that then this Visitation will turn to my Profit, and help me forward in the right Way that leads to everlasting Life: Wherefore I make my humble Confession to Almighty God, meekly kneeling on my Knees.

A Almighty and most merciful Father, I have erred and strayed from thy Ways like a lost Sheep. I have followed too much the Devices and Desires of my own Heart. I have offended against thy Holy Laws. I have left undone those Things which I ought to have done; and have done those Things which I

128 *Prayers and Meditations*

ought not to have done ; and there is no Health in me. But thou, O Lord, have Mercy upon me a miserable Offender. Spare thou them, O God, who confess their Faults. Restore thou them that are penitent, according to thy Promises declared unto Mankind in Christ Jesu our Lord ; and grant, O most merciful Father, for his Sake, that I may hereafter live a godly, righteous, and sober Life, to the Glory of thy holy Name. *Amen.*

O Lord, I beseech thee, mercifully hear my Prayers, and spare me thy Servant, who now confess my Sins unto thee ; that I, whose Conscience by Sin is accused, by thy merciful Pardon may be absolved, through Jesus Christ our Lord. *Amen.*

Our Father, &c.

O Lord, save thy Servant,
Who putteth his Trust in thee.

Send me Help from thy holy Place,
And evermore mightily defend me.

Let the Enemy have no Advantage against me, *Nor*

for the Afflicted in Body. 129

Nor the Wicked approach to hurt me.

Be unto me, O Lord, a strong Tower,

From the Face of mine Enemies.

O Lord hear my Prayer,

And let my Cry come unto thee.

O Heavenly Father, who in thy Wisdom knowest what is best for me; if it seem good in thy Sight, divert this Distemper from seizing on me, that so I may employ my Health to thy Glory, and praise thee for ever. But if thou art pleased to proceed against me, I most chearfully submit to thy afflicting Hand; for thou art wont to chastise none but those whom thou lovest; and I am perswaded thou wilt lay no more on me than thou wilt enable me to bear. I likewise believe that this Visitation is intended for my Good, even to humble and reform me: O grant it may work that saving Effect in me. Lord, create in me a true penitent Sorrow for all my past Sins, a lively *Faith* in thy Mercy, and

F 5

sincere

130 *Prayers and Meditations*

sincere Resolutions to become a new Creature for the future ; preserve me from all Frowardness and Impatience, and give me Grace and Strength to submit to all thy Dispensations, with a perfect Resignation unto thy Divine Will. Let not this Disease deprive me of my Senses, but as the outward Man decayeth, do thou strengthen the inward Man with Comforts equal to my Pressures. And thou, O Lord, who *givest Medicines to heal our Sickneses*, bless those Means used for my Recovery, and restore me to my bodily Health and Strength in thy due time. But if thou hast appointed this Sicknes unto Death, *thy blessed Will be done*, and so *teach me to number my Days that I may apply my Heart unto Wisdom* : That hereafter I may partake of that blessed State, *where all Tears shall be wiped from mine Eyes, and Death and Sorrow shall be no more*, for thy Son Jesus Christ's Sake. *Amen.*

O

O Lord, look down from Heaven ; behold, visit and relieve thy Servant ; look upon me with the Eyes of thy Mercy, give me Comfort and sure Confidence in thee. Defend me from the Danger of the Enemy ; and keep me in perpetual Peace and Safety, thro' Jesus Christ our Lord. *Amen.*

HEAR me, almighty and most merciful God and Saviour, extend thy accustomed Goodness to me thy Servant, who am grieved with Sickness : Sanctify, I beseech thee, this thy fatherly Correction to me, that the Sense of my Weakness may add Strength to my *Faith*, and Seriousness to my *Repentance* ; that if it shall be thy good Pleasure to restore me to my former Health, I may lead the Residue of my Life in thy Fear, and unto thy Glory ; or else give me Grace so to take thy Visitation, that after this painful Life is ended, I may dwell with thee

132 *Prayers and Meditations*

in the Life everlasting, thro' Jesus Christ our Lord. *Amen.*

ALmighty, everlasting God, Maker of Mankind, who dost correct those whom thou dost love, and chastise every Son whom thou dost receive; I beseech thee to have Mercy on me thy Servant, visited with thine Hand; and grant that I may take this Sickness patiently, and recover my bodily Health, (if it be thy gracious Will) that whensoever my Soul shall depart from my Body, it may be without Spot presented unto thee, through Jesus Christ our Lord. *Amen.*

Ejaculations out of the Psalms.

O Lord, rebuke me not in thine Indignation; neither chasten me in thy heavy Displeasure. Have Mercy upon me, O Lord, for I am weak. O Lord, heal me, for my Bones are sore vexed; I am weary of my Groaning, every Night wash I my Bed with my Tears. My Beauty is gone for very Trouble,
and

and worn away, because of all mine Enemies. For thy Hand is heavy upon me Day and Night; and my Moisture is like the Drought in Summer. Put me not to Rebuke in thy Anger; neither chasten me in thy heavy Displeasure. For thine Arrows stick fast in me, and thy Hand presseth me sore. There is no Health in my Flesh because of thy Displeasure; neither is there any Rest in my Bones by reason of my Sin. For my Wickednesses are gone over my Head, and are like a sore Burden, too heavy for me to bear. My Wounds stink and are corrupt thro' my Foolishness. I am brought into so great Trouble and Misery, that I go mourning all the Day long. For my Loins are filled with a sore Disease, and there is no whole Part in my Body. I am feeble and sore smitten, I have roared for the very Disquietness of my Heart. Lord, thou knowest all my Desire, and my Groaning is not hid from thee. My Heart panteth, my Strength hath failed

134 *Prayers and Meditations*

failed me, and the Sight of mine Eyes is gone from me. I am in Misery, and like unto him that is at the Point to die ; even from my Youth up, thy Terrors have I suffered with a troubled Mind. Hear my Prayer, O Lord, and let my Crying come unto thee. Hide not thy Face from me in the Time of my Sicknes. Incline thine Ear unto me, when I call : For my Days are consumed away like Smoke, and my Bones are burnt up as it were a Firebrand. My Heart is smitten down and withered like Grasse ; so that I forget to eat my Bread. For the Voice of my Groaning, my Bones will scarce cleave to my Flesh. I am become like a Pelican in the Wilderness, and like an Owl that is in the Desert. I have watched ; and am even as it were a Sparrow, that sitteth alone upon the Housetop. My Days are gone like a Shadow, and I am withered like Grasse : Hear me, O Lord, and that soon, for my Spirit waxeth faint.

Hide not thy Face from me, lest I be like unto them that go down into the Pit. O let me hear thy Loving-Kindness betimes in the Morning, for in thee is my Trust. Shew thou me the Way that I should walk in, for I lift up my Soul unto thee. In thee, O Lord, have I put my Trust, let me never be put to Confusion: But rid me and deliver me in thy Righteousness. Incline thine Ear unto me, and save me: Be thou my strong Hold, whereunto I may always resort: Thou hast promised to help me; for thou art my House of Defence and my Castle. Thou, O Lord God, art the Thing that I long for. Thou art my Hope, even from my Youth. Thro' thee have I been holden up ever since I was born; thou art he that took me out of my Mother's Womb. My Praise shall be always of thee. Cast me not away in the time of Age, forsake me not when my Strength faileth me. Go not far from me, O God, my God, haste thee to help

136 *Prayers and Meditations*

help me. Forsake me not, O God, in my old Age, when I am grey-headed, until I have shewed thy Strength unto this Generation, and thy Power to all them that are yet for to come. The Righteousness of God is very high, and great Things are they that thou hast done. O God, who is like unto thee!

Glory be to the Father, &c.

As it was in the Beginning, &c.

O Merciful God, whose Property is always to have Mercy and to forgive; look down with an Eye of Pity and Compassion on the sickly State and weakly Condition of thy humble Servant, made thus miserable by reason of my Sin; hear the Voice of my weeping, pity my groaning, and strengthen me, for I am weak; heal me, *for my Bones are sore vexed*; deliver my Soul from Death, *and save me for thy Mercy's sake*; that being rescued from the bottomless Pit, I may give Thanks unto thy holy Name. O turn from me the Severity of thy Dis-

Displeasure, and visit me with thy Salvation; that in all my Sorrows thy Comforts may support me, thro' Jesus Christ our Lord. *Amen.*

O Eternal God, who endurest for ever, and thy Remembrance throughout all Generations; look down from thine holy Habitation, and behold the Mourning and Complaints of me, and all other distressed People; send me Health and Life so long as they may be a Blessing and Comfort to me, and do not shorten my Days in Wrath; but give me Grace to spend my appointed Time in Works of Repentance and Charity; that when my Years fail, and my Departure cometh, that I go hence and be no more seen, I may then be translated into those Joys which shall never perish or wax old, there to continue in thy sight: *In whose Presence is Fulness of Joy, and at whose right Hand there are Pleasures for evermore, for Jesus Christ's sake. Amen.*

138 *Prayers and Meditations*

O Lord God, who art my only Hope and Comfort in the Land of the Living, consider my Complaint and Misery, for *I am brought very low; hear me, O Lord, and help me, for my Spirit waxeth faint; hide not thy Face from me, lest I be like unto them that go down into the Pit; sustain me under the heavy Pressures of mine Infirmities, and assist me with thy Grace, that no Temptations prevail against me; and deliver me in due time, for they are too strong for me. Let not the Enemy have any Advantage over me, nor the Tempter approach to hurt me. Be unto me, O Lord, a strong Tower from the Face of mine Enemies: O Lord, hear my Prayer, and let my Cry come unto thee, through Jesus Christ our Lord. Amen.*

O Lord God, my House of Defence and my Castle, who art my Hope even from my Youth up unto now, and hast comforted me on every side,

side, with a continual Stream of Mercies, ever since I was born ; *O cast me not away in the Time of Age, forsake me not when my Strength faileth me :* But let thy Grace and Holy Spirit support my Weakness, until I have passed through those great Troubles and Adversities which thou hast shewed me, to a joyful Resurrection, to the Society of Saints and Angels, and the full Fruition of thee, my Lord and Saviour Jesus Christ. *Amen.*

O Thou God of Patience and Consolation, grant me Patience and Resignation under these bodily Pains and Confinements of a sick Bed ; whatever thou art pleased to lay upon me, I know, O Lord, that it is thy doing, *and thou of very Faithfulness hast caused me to be troubled : It is the Lord, let him do what seemeth him good.* I will not murmur or complain of thy Judgments, but humbly submit unto thy Chastisements : Do with me as thou pleasest.

140 *Prayers and Meditations*

pleasest. I am thine, thy Creature, the Work of thine own Hands, Flesh and Dust, frail and corruptible, deal gently with me; and in the midst of Judgment remember Mercy. Let thy Comfort support my Weakness, and the Sense of thy Mercies sweeten my Sorrows, for the sake of thy Son, my dear Saviour Jesus Christ. *Amen.*

When there is some Hope of Recovery, the sick Person may use this Collect.

O Thou Preserver of Men, who hast begun to quicken and revive me again, go on, I beseech thee, *to establish the thing, O God, that thou hast wrought in me,* and forsake not the Work of thine Hands; repair all the Decays of my outward Man, that my Mind likewise may recover its natural Strength and Ability, to praise and bless thy Goodness; inspire my Soul with heavenly Consolations from above, that I may have a feeling Sense of

that

for a Dying Person. 141

that Love and tender Compassion, which our Lord *Jesus Christ* takes of all his afflicted Servants. Enable me quietly to wait on thee, until thou hast finished my Recovery; and to continue stedfastly resolved, in Sickness or in Health, to serve thee, thro' *Jesus Christ* my blessed Saviour and Redeemer. *Amen.*

When all Hopes of Recovery are despaired of, the sick Person may thus address himself unto God.

O Almighty Lord, Father of all Mercies, and the God of all Comforts, I flee unto thee for Succour in this my Extremity, most humbly imploring thy Divine Aid and Assistance, to support and strengthen me in this last Conflict of my Life; preserve me from the Snares and Temptations of Satan, refresh my Soul with thy Comforts; that when I am passing thro' the *Valley of the Shadow of Death*, I may fear no Evil. Let thy Royal Power and Pastoral Care be ever my Support

142 *Prayers and Meditations*

port and Comfort ; and deliver me from all Evil and Mischief, from the Fear of Death, and from everlasting Damnation, I beseech thee, good Lord. *Amen.*

A Commendatory Prayer for a Sick Person at the Point of Departure.

O Almighty God, with whom do live the Spirits of just Men made perfect, after they are delivered from their earthly Prisons, we humbly commend the Soul of this thy Servant, our dear Brother, (*or Sister*) into thy Hands, as into the Hands of a faithful Creator, and most merciful Saviour, most humbly beseeching thee, that it may be precious in thy Sight. Wash it, we pray thee, in the Blood of that immaculate Lamb, that was slain to take away the Sins of the World : that whatsoever Defilements it may have contracted in the midst of this miserable and naughty World, through the Lusts of the Flesh, or the Wiles of Satan ; being purged and done away, it may be

be presented pure and without Spot unto thee; and teach us who survive, in this, and other like daily Spectacles of Mortality, to see how frail and uncertain our Condition is, and so to number our Days, that we may apply our Hearts unto Wisdom whilst we live here; which may in the End bring us to everlasting Life, through the Merits of Jesus Christ our Lord. Amen.

The Sick Person, if he be able, may thus express himself.

I NTO thy Hands I commend my Spirit; for thou hast redeemed me, O Lord, thou God of Truth. Lord Jesus, receive my Spirit.

But if the Dying Person be not capable to speak himself; then some of the Company, in the Absence of the Minister, may thus recommend his Soul unto God.

I NTO thy merciful Hands, Lord, we recommend the Soul of
of

144 *Prayers and Meditations*

of this thy Servant, now departing from the Body : receive him into the Arms of thy unspeakable Mercy, into the sacred Rest of everlasting Peace, and into the glorious Estate of thy chosen Saints in Heaven. *Amen.*

A Prayer for a Sick Child.

O Almighty God and merciful Father, to whom alone belong the Issues of Life and Death ; look down from Heaven, we humbly beseech thee, with the Eyes of Mercy upon this Child now lying upon the Bed of Sickness ; visit *him* (or *her*) O Lord, with thy Salvation ; deliver *him* in thy good appointed Time, from *his* bodily Pain, and save *his* Soul for thy Mercy's sake ; that if it shall be thy Pleasure to prolong *his* Days here on Earth, *he* may live to thee, and be an Instrument of thy Glory, by serving thee faithfully, and doing good in *his* Generation ; or else receive *him* into those heavenly Habitations, where the Souls of them
that

that sleep in the Lord Jesus, enjoy perpetual Rest and Felicity. Grant this, O Lord, for thy Mercy's sake, in the same thy Son our Lord Jesus Christ, who liveth and reigneth with thee and the Holy Ghost, ever one God, World without End. *Amen.*

A Prayer for a Woman with Child.

O God, the Fountain of Life, and the Author of our Being, perfect and complete that excellent Work which thou hast begun in me, preserve the smallest degree of Life, which thou hast inspired : Prevent, good Lord, the Miscarriage of my Hopes, and ripen them to a full Issue ; and when the Time of my Travail approacheth, when Sorrows and Death compass me about, and I find Trouble and Heaviness, be thou near unto me, and save me when I call upon thee. Let not my Child suffer for mine Iniquities, nor deal with me in my Extremities according to my Deserts, but according to thy tender Mercies. Sanctify it from the Womb with a Spirit of Wisdom and Understanding,

146 *Prayers and Meditations*

standing, and give it its due Shape and full Growth; that being fearfully and wonderfully made after thy own Image and Likeness, it may live to see the Wonders of thy marvellous Works, and to praise thy Goodness and Power for its Creation and Preservation: But if thou art pleased otherwise to dispose of me, I resign Body and Soul unto thee. Lord, receive me unto a better Life, where all Sighing and Sorrow shall be done away, and eternal Joys for evermore possess our Hearts, for Jesus's sake. *Amen.*

A Prayer in behalf of a Woman in Travail, to be used by her Friends.

O Father of Mercies and God of all Comforts, our only Help in time of Need; we flee to thee in behalf of this thy Servant, who now begs thy Mercy and Protection in her great Distress and Anguish: may it therefore please thee to deliver her Soul from Death; her Eyes from Tears, and her feet from falling. Support her Spirit in her Labours, and

and give her Strength to bring forth that Birth which thou hast enabled her to conceive. Bless the Endeavours of her Assistants ; preserve the Infant's Life now struggling within her to be delivered ; that all may behold the Works of thine Hands to their Joy and Comfort ; for Jesus Christ's sake. *Amen.*

*Prayers and Meditations for those
impoverished in Estate.*

THE Lord maketh poor and maketh rich ; he bringeth low and lifteth up ; he raiseth up the Poor out of the Dust, and lifteth the Beggar from the Dunghill. It is the Lord, let him do what seemeth him good. The Lord gave, and the Lord hath taken away ; blessed be the Name of the Lord. What, shall we receive Good at the Hand of God, and shall we not receive Evil ?

Most gracious and merciful Lord God, who art of purer Eyes than to behold Iniquity ; I do here

148 *Prayers and Meditations.*

humble my Soul in a deep Sense of my own Vileness and Unworthiness, for those many Sins and grievous Provocations I have been guilty of against thy divine Majesty, which I do now bewail with great Shame, Sorrow, and Confusion of Face.— Righteous art thou, O Lord, and just are thy Judgments. Forgive, O Lord, my manifold Sins and Transgressions ; and make me deeply sensible of those Evils which have brought down these heavy Judgments upon me. Have Mercy upon me, O Lord, and according to thy Loving-Kindness remember Mercy in the midst of Judgment ; for the sake of my blessed Saviour Jesus Christ. *Amen.*

ALmighty God and heavenly Father, who hast promised Pardon and Remission of Sins to all who truly repent, and unfeignedly believe thy holy Gospel ; I beseech thee to hear the Prayers and Supplications of me thy unworthy Servant ; and grant that these Afflictions of Pover-

ty and Want, may in the End prepare me for that Kingdom of Glory which thou, O God, hast prepared for the Poor, through Jesus Christ our Lord. *Amen.*

Our Father, &c.

Ejaculations out of the Psalms.

PUT thou thy Trust in the Lord and be doing Good ; dwell in the Land, and verily thou shalt be fed. Delight thou in the Lord, and he shall give thee thy Heart's Desire. Commit thy Way unto the Lord, and put thy Trust in him ; and he shall bring it to pass. The Lord knoweth the Days of the Godly ; and their Inheritance shall endure for ever. They shall not be confounded in the perilous Time ; and in the Days of Dearth they shall have enough. Though he fall, he shall not be cast away ; for the Lord upholdeth him. I have been young, and now am old ; and yet saw I the Righteous never forsaken, nor his Seed begging their Bread. The Lord also will be a Defence for the

150 *Prayers and Meditations*

Oppressed ; even a Refuge in the Time of Trouble : For the Poor shall not always be forgotten. The patient abiding of the Meek shall not perish for ever. Lord, thou hast heard the Desire of the Poor ; thou preparest their Heart, and thine Ear hearkeneth thereto, to help the Fatherless and Poor unto their Right ; that the Men of the Earth be no more exalted against them. The Lord is in his holy Temple ; the Lord's Seat is in Heaven. His Eyes consider the Poor ; and his Eyelids try the Children of Men. Now for the comfortless Troubles sake of the Needy, and because of the deep Sighing of the Poor, I will up, saith the Lord, and help every one from him that swelleth against him, and will set him at Rest. Who deliverest the Poor from him that is too strong for him ; yea, the Poor and him that is in Misery, from him that spoileth him. As for me, I am poor and needy ; but the Lord careth for me. Thou art my Helper and Redeemer ;

deemer ; make no long tarrying, O my God. As for me, when I am poor and in Heaviness, thy Help, O God, shall lift me up. He shall deliver the Poor when he crieth, the Needy also, and him that hath no Helper. He shall be favourable to the Simple and Needy ; and shall preserve the Souls of the Poor. He shall deliver their Souls from Falseness and Wrong ; and dear shall their Blood be in his Sight. O let not the Simple go away ashamed ; but let the Poor and Needy give Praise unto thy Name. Defend the Poor and Fatherless, and see that such as are in Need and Necessity have right. O deliver me, for I am helpless and poor, and my Heart is wounded within me. Blessed is he that hath the God of *Jacob* for his Help, and whose Hope is in the Lord his God : Who helpeth them that suffer Wrong ; who feedeth the Hungry. The Lord looseth Men out of Prison ; the Lord giveth Sight to the Blind. The Lord careth for

152 *Prayers and Meditations*

Strangers ; he defendeth the Fatherless and Widow : as for the Way of the Ungodly, he turneth it upside down. Bring my Soul out of Prison, that I may give Thanks unto thy Name : Which Thing if thou wilt grant me, then shall the Righteous resort unto my Company. The Lord executeth Judgment for the Oppressed ; the Lord looseth Men out of Prison.

O Most holy supreme Lord and Governor of the World, who dost not afflict willingly, nor grieve the Children of Men : And though thou causest Grief, yet wilt thou have Compassion according to the multitude of thy tender Mercies : I most humbly submit to all thy Dispensations, as most just and true ; resolving, through thy gracious Assistance, to rest satisfied and contented with that State and Condition of Life thou hast appointed me : The Lord gave, and the Lord hath taken away ; blessed be the Name of the Lord. Make me, O God, to reflect
upon

upon my own Ways, and to call to Remembrance those Transgressions which have brought down these Judgments on me; that being made sensible of my Wickedness and Sin, I may henceforth learn to keep thy righteous Laws, and to do my Duty with an unwearied Diligence and undisturbed Resolution; having no Fondness for the Vanities of this World, but laying up Treasure in Heaven, I may at length receive the Rewards of Poverty and Affliction, thro' Jesus Christ our Lord. *Amen.*

*A Prayer for any Person confined
in Prison for Debt.*

ALmighty God, unto whom all Hearts be open, all Desires known, and from whom no Secrets are hid, have regard to the Sighs, Groans and Supplications of a miserable and distressed Creature, who humbly implores thy Pity and Compassion towards him. Look graciously on thy afflicted Servant in this Place of Confinement, which is most desolate and comfortless unto me,

154 *Prayers and Meditations*

unless the Light of thy Countenance shine upon me. I acknowledge that I have abused that Liberty and Freedom which I formerly enjoyed; and have not so carefully improved those Talents thou gavest me, as I ought to have done. I am sensible wherein I have abused thy Loving-Kindness, [*here name Particulars*] for which I am heartily grieved, confessing myself infinitely indebted to thy Goodness, that I am not plunged into the Depth of Misery to bewail my Sins in the bottomless Pit. Sanctify these Straits and Necessities to me, that this Confinement of Body may in the Issue conduce to the Freedom of my Soul from that Bond of Iniquity which I have justly deserved, unto the glorious Liberty of thy Children in Christ Jesus. Be pleased likewise to touch the Hearts of my Creditors with a Sense of, and Compassion for my Miseries; incline them to Patience and Reconciliation; and make me willing to the utmost of my Power conscientiously to satisfy
every

every one; and when thou art pleased to set me at Liberty, possess my Heart with such a deep Sense of thy Mercy and Goodness, that I may never wilfully provoke so good and gracious a God, for Jesus's sake. *Amen.*

A Ssist me mercifully, O Lord, in these my Supplications and Prayers, and dispose the Way of thy Servant towards the Attainment of everlasting Salvation; that among all the Changes and Chances of this transitory Life, I may ever be defended by thy most gracious and ready Help, through Jesus Christ our Lord. *Amen.*

Prayers and Meditations when any Person is evil spoken of, maliciously treated, or falsely accused.

Ejaculations.

L ORD, how are they increased that trouble me; many are they that rise up against me. O Lord my God, in thee have I put my Trust, save me from all them that persecute me, and deliver me, lest he devour my Soul like a Lion, and tear it in

156 *Prayers and Meditations*

Pieces, while there is none to help. Consider my Enemies how many they are, and they bear a tyrannous Hatred against me. The Lord shall root out deceitful Lips, and the Tongue that speaketh proud Things. Keep me as the Apple of thine Eye; hide me under the Shadow of thy Wings from the Ungodly that trouble me. Mine Enemies compass me round about, to take away my Soul. They are inclosed in their own Fat, and their Mouth speaketh proud Things. They lie waiting in the Way, turning their Eyes down to the Ground, like as a Lion that is greedy of his Prey, and as it were a Lion's Whelp, lurking in secret Places. Up, Lord, disappoint him, and cast him down: Deliver my Soul from the Ungodly, which is a Sword of thine. He shall deliver me from mine Enemy, and from them which hate me, for they are too mighty for me. My Time is in thy Hand, deliver me from the Hand of mine Enemies, and from them

them that persecute me. Let the lying Lips be put to Silence, which cruelly, disdainfully, and despitefully speak against the Righteous.

Plead thou my Cause, O Lord, with them that strive with me, and fight thou against them that fight against me. Lay Hand upon the Shield and Buckler, and stand up to help me. Bring forth the Spear, and stop the Way against them that persecute me. Say unto my Soul, I am thy Salvation; for they have privily laid their Net to destroy me without a Cause; yea, even without a Cause have they made a Pit for my Soul. False Witnesses did rise up, they laid to my Charge Things that I knew not: They rewarded me Evil for Good, to the great Discomfort of my Soul. O let not the Foot of Pride come against me; and let not the Hand of the Ungodly cast me down. Why boastest thou thyself, thou Tyrant, that thou canst do Mischief? Whereas the Goodness of God endureth yet daily. Thy Tongue imagin-

158 *Prayers and Meditations*

imagineth Wickedness, and with Lies thou cuttest like a sharp Razor. Thou hast loved Unrighteousness more than Goodness; and to talk of Lies more than Righteousness; thou hast loved to speak all Words that may do hurt, O thou false Tongue: Therefore shall God destroy thee for ever; he shall take thee out of thy Dwelling, and root thee out of the Land of the Living.

Be merciful unto me, O God, for Man goeth about to devour me; he is daily fighting and troubling me. Mine Enemies are daily in hand to swallow me up, for they be many that fight against me, O thou most High. Nevertheless, though I am sometimes afraid, yet put I my Trust in thee. They mistake my Words; all that they imagine is to do me Evil. They hold all together, and keep themselves close, and mark my Steps, when they lay wait for my Soul. Shall they escape for their Wickedness? Thou, O God, in thy Displeasure shalt cast them down; when-

whensoever I call upon thee, then shall mine Enemies be put to flight: This I know, for God is on my side. Their Delight is in Lies; they give good Words with their Mouth, but curse with their Heart: Nevertheless, my Soul, wait thou still upon God, for my Hope is in him. Hear my Voice, O God, in my Prayer; preserve my Life from Fear of the Enemy. Hide me from the gathering together of the Froward, and from the Insurrection of wicked Doers; who have whet their Tongue like a Sword, and shoot out their Arrows, even bitter Words, that they may privily shoot at him that is perfect: suddenly do they hit him, and fear not. They encourage themselves in Mischief, and commune among themselves how they may lay Snares; and say, that no Man shall see them.— They imagine Wickedness, and practise it; that they keep secret among themselves, every Man in the deep of his Heart: But God shall suddenly shoot at them with a swift Arrow,
that

160 *Prayers and Meditations*

that they shall be wounded ; yea, their own Tongues shall make them fall ; insomuch that whoſo ſeeth them ſhall laugh them to Scorn.

Hear me, O Lord, for thy loving Kindneſs is comfortable. Turn thee unto me, according to the Multitude of thy Mercies, and hide not thy Face from thy Servant, for I am in Trouble. O haſte thee and hear me ; draw nigh unto my Soul, and ſave it. O deliver me, becauſe of mine Enemies. Thou haſt known my Reproof, my Shame, and my Diſhonour ; mine Adverſaries are all in thy Sight. O God, the Proud are riſen againſt me ; and the Congregations of naughty Men have ſought after my Soul, and have not ſet thee before their Eyes. But thou, O Lord God, art full of Compaſſion and Long-ſuffering, plenteous in Goodneſs and Truth. O turn thee then unto me ; give thy Strength unto thy Servant, and help the Son of thine Handmaid. Shew ſome Token upon me for Good ; that they who
hate

hate me may see it, and be ashamed ;
because thou, Lord, hast holpen me,
and comforted me. Hear my Voice,
O Lord, according unto thy Loving-
Kindness ; quicken me according as
thou art wont. The Proud have
imagined a Lie against me ; but I will
keep thy Commandments with my
whole Heart. They draw nigh that
of Malice persecute me, and are far
from thy Law : O deliver me from
the wrongful Dealings of Men, and
so shall I keep thy Commandments.

Deliver me, O Lord, from the
evil Man, and preserve me from the
wicked Man ; who imagine Mis-
chief in their Hearts, and stir up
Strife all the Day long. They have
sharpened their Tongues like a Ser-
pent ; Adders Poison is under their
Lips. Keep me, O God, from the
Hands of the Ungodly ; preserve me
from the wicked Men, who are pur-
posed to overthrow my Goings.—
The Proud have laid a Snare for
me, and spread a Net abroad with
Cords ; yea, and set Traps in my
Way.

162 *Prayers and Meditations*

Way. Keep me from the Snare that they have laid for me, and from the Traps of the wicked Doers. Deliver me, O Lord, from mine Enemies; for I flee unto thee to hide me.

O Almighty God, King of all Kings, and Governor of all Things, whose Power no Creature is able to resist; to whom it belongeth justly to punish Sinners, and to be merciful unto them that truly repent; save and deliver me, I humbly beseech thee, from the Hands of mine Enemies; abate their Pride, assuage their Malice, and confound their Devices; that I being armed with thy Defence, may be preserved evermore from all Perils, to glorify thee, who art the God of Peace and Unity; through the Merits of thy only Son, Jesus Christ our Lord. *Amen.*

O Lord, who hast taught us that all our Doings without Charity are nothing worth; send thy holy Ghost, and pour into our Hearts that most excellent Gift of Charity, the
very

for those falsely accused. 163

very Bond of Peace, and of all Virtues ; without which whosoever liveth is counted dead before thee : Grant this for thine only Son Jesus Christ's sake. *Amen.*

Subdue in me, O Lord, the evil Sprit of Wrath and Revenge ; and dispose my Heart patiently to bear Reproaches and Wrongs, and to be ready upon all Occasions not only to forgive Men their Trespases, but also to return Good for Evil ; to bless them that curse me, and to pray for them which despitefully use me and persecute me, for Jesus's sake. *Amen.*

O God, thou that avengest the Poor, and maintainest the Cause of the Helpless ; deliver me from the evil Man, and preserve me from the wicked Man : Let not his mischievous Imaginations prevail over me, nor his wicked Devices cast me down ; lest he say, There is no Help for him in his God. Preserve me from the Tyranny and Malice of mine Enemies, who boast themselves in

164 *Prayers and Meditations.*

in Mischief against me : Keep me from the Obloquy of false Tongues, and from the Slander of lying Persons, who talk of Lies more than Righteousness; that I thy Servant, being hurt by no Persecutions, may evermore give Thanks unto thee in thy holy Church, thro' Jesus Christ our Lord. *Amen.*

Lord, arise, help me and deliver me, for thy Name's sake. Amen.

A Thanksgiving for Deliverance from any Trouble, either of Mind, Body, or Estate.

PRaise the Lord, O my Soul, and all that is within me praise his holy Name. Praise the Lord, O my Soul, and forget not all his Benefits; who forgiveth all my Sins, and healeth all mine Infirmities; who hath saved my Life from Destruction, and crowneth me with Mercy and loving Kindness. The Lord is full of Compassion and Mercy, Long-suffering, and of great Goodness; he will not always be chiding, neither keepeth he his Anger for ever : He hath not
dealt

dealt with me after my Sins, nor rewarded me according to my Wickednesses. I did call upon the Lord with my Voice, and he heard me out of his holy Hill; he sent his Word and healed me, and I was saved from my Destruction. I will give Thanks unto the Lord according to his Righteousness; and I will praise the Name of the Lord most high.— It is he that delivereth me from my bitter and cruel Enemies; for that Cause will I give Thanks unto him, and sing Praises unto his Name. O and praise the Lord, ye that fear him; his magnify him all ye of the Seed of Jacob, and fear him all ye Seed of Israel; for he hath not despised nor abhorred the low Estate of the Poor; he hath not hid his Face from him, but when he called unto him he heard him.

I will magnify thee, O Lord, for thou hast set me up, and not made my Foes to triumph over me. O Lord my God, I cried unto thee, and thou hast healed me; thou, Lord, hast

thou hast brought my Soul back from the Grave; thou hast kept my Life from them that go down to the Pit. Sing Praises unto the Lord, O ye Saints of his; and give Thanks unto him for a Remembrance of his Holiness; for his Wrath endureth but the twinkling of an Eye, and in his Pleasure is Life. Heaviness may endure for a Night, but Joy cometh in the Morning. Thou hast turned my Heaviness into Joy; thou hast put off my Sackcloth, and girded me with Gladness; therefore shall every good Man sing of thy Praise without ceasing. O my God, I will give Thanks unto thee for ever. O! what great Trouble and Adversities hast thou shewed me; and yet didst thou turn and refresh me; yea, and broughtest me from the Deep of the Earth again. My Lips will be fain when I sing unto thee; and so will my Soul, whom thou hast delivered. My Tongue also shall talk of thy Righteousness all the Day long; for they are confirmed and brought unto Shame

tha

that seek to do me Evil. Praised be the Lord, who hath not given me over for a Prey unto their Teeth. My Soul is escaped even as a Bird out of the Snare of the Fowler; the Snare is broken, and I am delivered. I will magnify thee, O God my King, and I will praise thy Name for ever and ever. Every Day will I give Thanks unto thee, and praise thy Name for ever and ever. The Lord is gracious and merciful, long-suffering, and of great Goodness. My Mouth shall speak the Praises of the Lord, and let all Flesh give Thanks unto his holy Name for ever and ever. *Amen.*

Glory be to the Father, &c.

As it was in the Beginning, &c.

ALmighty God, Father of all Mercies, I thy unworthy Servant do give thee most humble and hearty Thanks, for all thy Goodness and loving Kindness unto me and all Mankind; [*here name Particulars*] more especially I offer up my Praises and Thanksgivings for thy late Mercies

168 *A Thanksgiving, &c.*

cies and Deliverances vouchsafed unto me. I bless thee for my Creation, Preservation, and all the Blessings of this Life; but above all, for thine inestimable Love in the Redemption of the World by our Lord Jesus Christ; for the Means of Grace, and for the Hopes of Glory. And I beseech thee give me that due Sense of all thy Mercies, [*particularly of this great Deliverance*] that my Heart may be unfeignedly thankful; and that I may shew forth thy Praise, not only with my Lips but in my Life, by giving up myself to thy Service, and by walking before thee in Holiness and Righteousness all the Days of my Life, through Jesus Christ our Lord; to whom, with thee and the Holy Ghost, be all Honour and Glory, World without End. *Amen.*

F I N I S.

un-
ion,
gs of
hine
otion
efus
, and
be-
se of
this
heart
and
, not
Life
vice,
Holi-
Days
t out
d the
Glo-
m.